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HEALTH

& NUTRITION

A MAGNA PUBLICATION JULY 2015 ₹ 100
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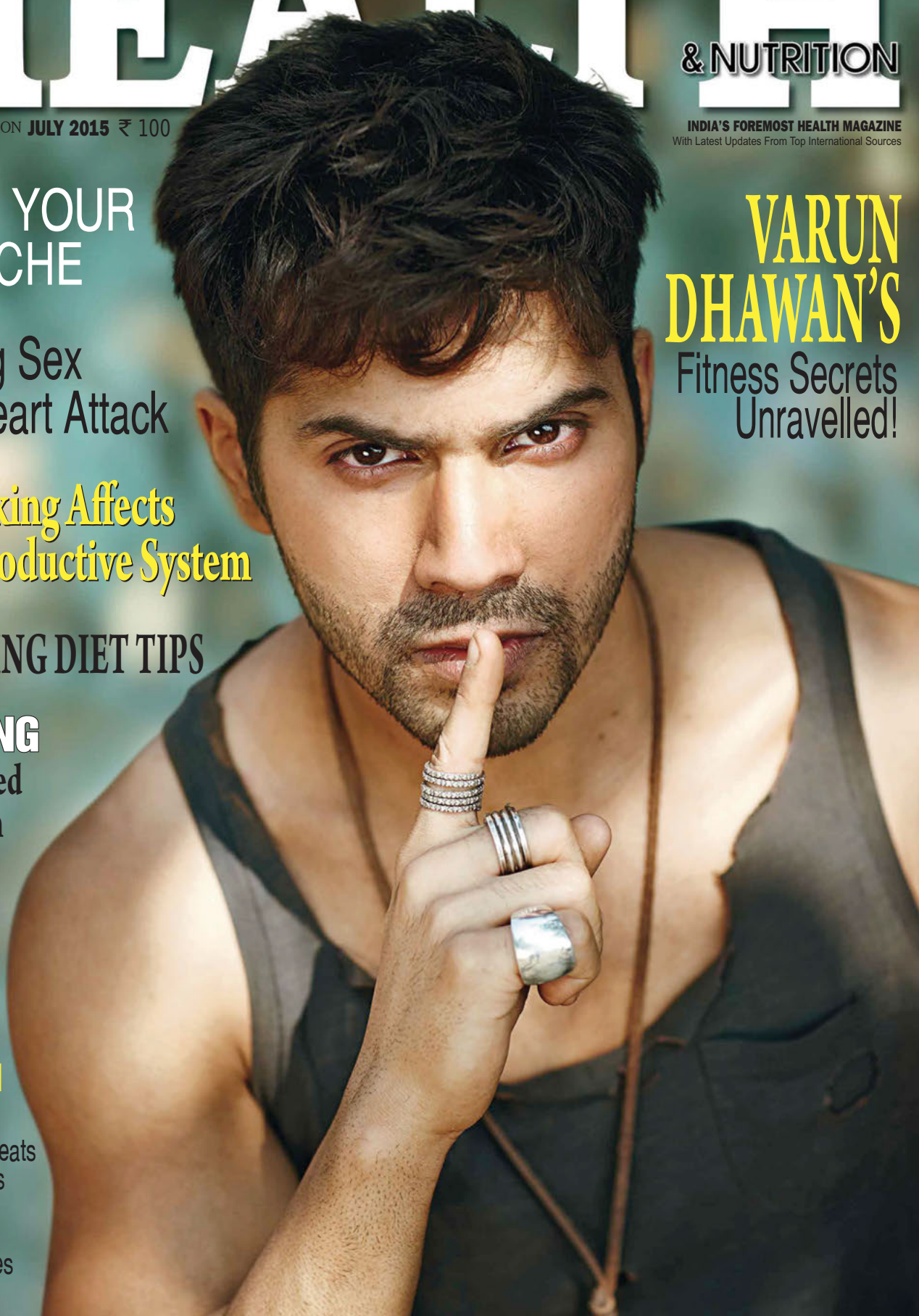
WALK OFF THAT BELLY FAT

MONSOON MAGIC

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- ✦ Indoor Workouts
- ✦ Beauty Care
- ✦ Celebs & Their Rain-Fit Regimes

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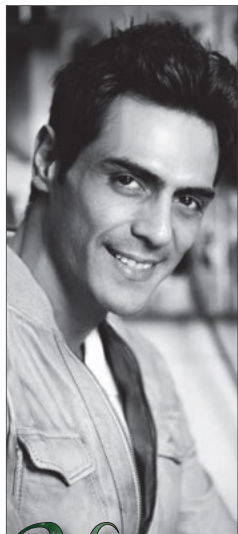
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MATTRESS?

Sona hai, to Jaagiye!

IS FINDING
YOUR PREFERRED
MATTRESS
SURFACE
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A PROBLEM?

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THAT
CHOOSING
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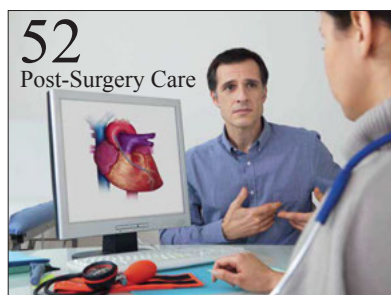
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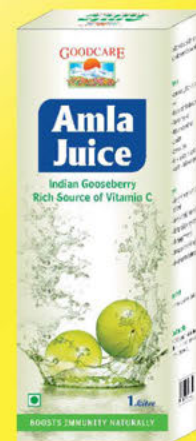
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■ Small Doses



“The purpose of training is to tighten up the slack, toughen the body, and polish the spirit.”

– Morihei Ueshiba

H

e is scorching the silver screen with his powerful acting, heady dance moves, *and* his ripped eight-pack abs! From being a little lost in the crowd when he first arrived on the scene, to becoming the new poster boy of fitness, Varun Dhawan has come a long way. Our cover story traces the drool-worthy actor's success and fitness mantras - they are fun, fascinating and incredibly inspiring!

Also commendable is the incredible saga of Rupa ('A Slice Of Life'), who refuses to call herself an acid attack victim or survivor. "I am an acid attack fighter," she says, operating from her boutique in Agra. From wanting to kill herself after the acid attack on her by her stepmom, to becoming a fashion designer and battling for justice, Rupa is a fighter in the true sense of the word. Her gut-wrenching tale motivates 'n' empowers...

Empower yourself also with knowledge on how smoking impacts your reproductive system ('Health Alert'). As per statistics, while an average Indian male smokes 6.1 cigarettes a day, a woman smokes an average of 7 cigarettes per day! Women smokers, smoking is not fashionable. Besides risking cancer, you are creating havoc with your gynaec health... You owe it to yourself and your progeny to take a call now...

It's raining outside, and we owe it to the Rain Gods for giving us this life-giving season... This monsoon, don't just get wet, feel the rain... Because if you want the rainbow, you gotta put up with the rain! And we help you do just that, with our specially put together articles on monsoon diet, fitness, exercise and beauty care...

Finally, browse through our 'Healthcare Special' to help you stay informed about the top hospitals in the metros; on being patient smart; post-surgery care and much more... Arm yourself with expert tips, and be a partner in your own healthcare... Your health, after all, is in your hands!

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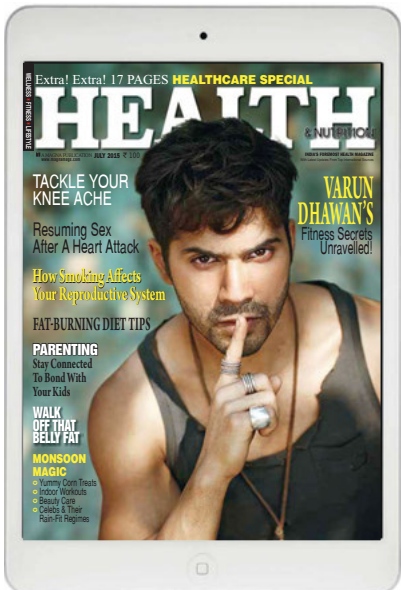
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SPORTING ENCOUNTERS

I like to read the 'Healthy Sport' column in your magazine. I loved the surfing and archery pieces. I am very adventurous and I already have hands-on experience in paragliding, bungee jumping and sky diving. But I haven't tried snorkelling or scuba diving. It would be great if you could talk about these sports in your upcoming issues.

Arpita Patwardhan, **Pune**

A TRUE WARRIOR

Your 'A Slice Of Life' column (June 2015) - the story of 40-year-old Manoj Warriar, who was not born blind but lost his vision at a young age due to retinal detachment - was extremely encouraging. Manoj Warriar is a true warrior as he fought against all odds to emerge a winner. God bless you Manoj, keep going!

Amrutavarshini A, **Chennai**

ATTENTION PLEASE!

Your special supplement on 'Medical Breakthroughs' (June 2015) was highly informative. Please include articles on life-threatening diseases like HIV/AIDS, cancer etc. Also, more information on doctors, hospitals and new healthcare facilities across the country will be welcomed.

Mayur Tewari, **Jharkhand**

INSPIRING

'Yoga Special' (June 2015) with celebrities made interesting reading. I don't like exercising but after reading your yoga piece, I am all charged up to try my hand at yoga. I have even enrolled myself at a yoga class in my locality. Thank you!

Ankur Bhojani, **Kota**



MOTIVATING JOURNEY

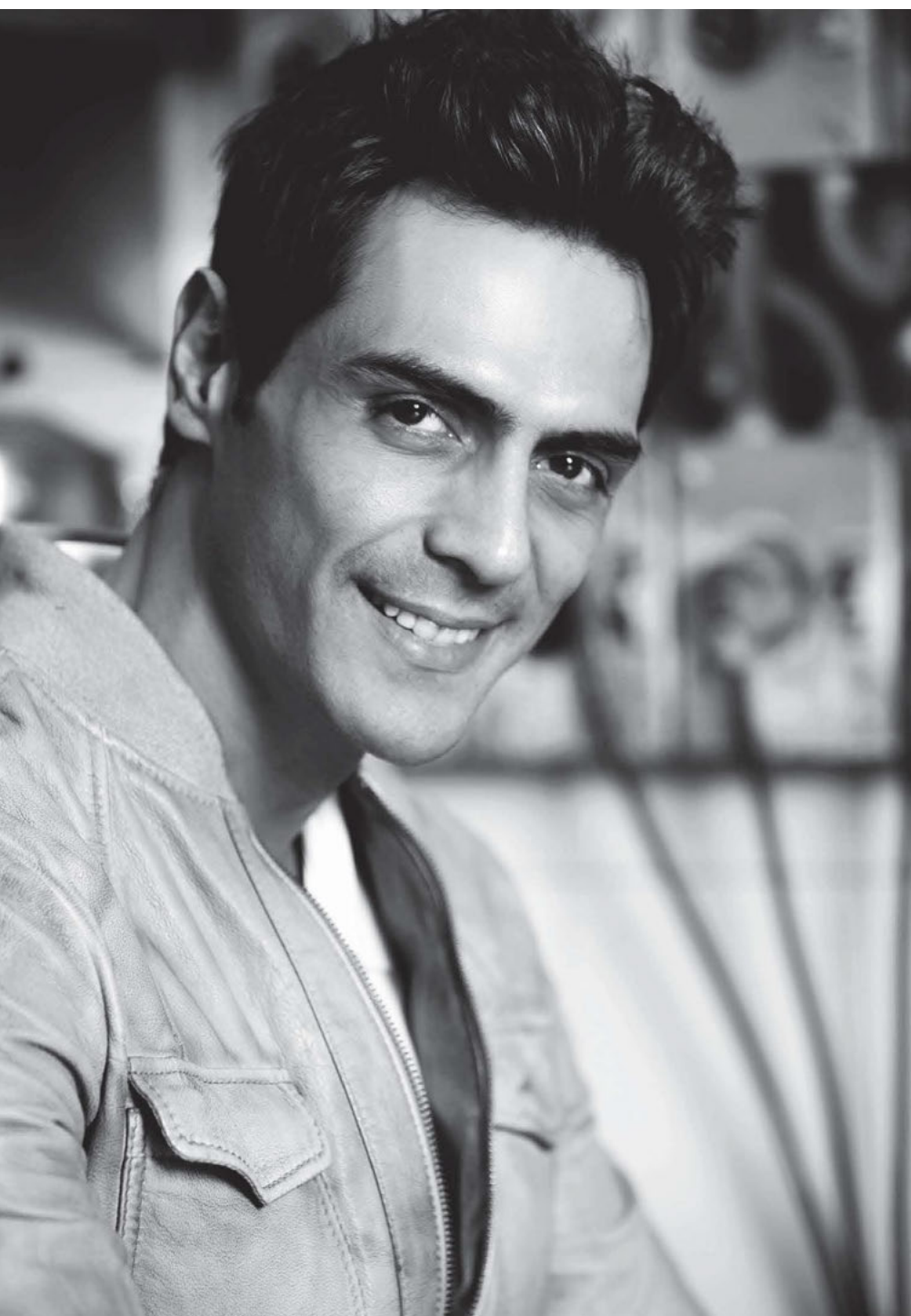
Your June 2015 issue featuring RJ Malishka in the 'Fit For Life' column was a treat to read. RJ Malishka is my favourite; it is only for her that I tune in to 93.5 Red FM.

Her weight loss story is very inspiring. She is a true role model for all those who wish to lose weight and live a fit and healthy life.

Asim Merchant,
Hyderabad



Health



Celebs on staying fit 'n' sexy in the rains...

The dangers of smoking on women's health...

Tackle knee problems...

Yoga moves for a happier you...

Medical advances...

...And much more inside.



Light Therapy

According to a new report from the Washington University School of Medicine, a vitamin D deficiency due to insufficient sun exposure could hasten your need for dentures. "That's because the shortfall leads to bone loss as well as increased inflammation, a symptom of periodontal disease," says Charles Hildebolt, PhD, the study's author. Spending just 15 minutes in direct sunlight twice a week can provide you – and your teeth – with all the vitamin D you need. Or you can effortlessly supplement by drinking fortified milk and brushing with a fortified toothpaste.

JUST ONE DRINK CAN IMPAIR DRIVING SKILLS

As we age, our bodies become less able to tolerate alcohol, causing us to feel its effects more quickly than when we were younger. Now, a small study suggests that consuming just one alcoholic beverage – not even enough to raise blood alcohol levels over the legal limit – can significantly impair the driving abilities of older adults.

Researchers studied the effects of consuming approximately the equivalent of one alcoholic beverage on two groups of healthy drivers, ages 25 to 36 and 55 to 70. Older drivers fared poorly after drinking, showing a significant decline in maintaining steering and speed – steering was rapid, sharp and jerky, and speed was too slow. As for the younger group, the alcohol's effects were negligible. The researchers say the perils of drinking and driving may be more serious for older adults, especially those who mistakenly think they can handle the same amount of alcohol as they did when they were younger. The best precaution you can take to avoid driving impairment and stay safe on the road is to not drink at all.



Burned Out or Burning Up?



You're not lazy – you might just have acid reflux. Heartburn can make a person less productive at work, according to a study in the 'American Journal of Gastroenterology'.

A study of 642 patients with acid reflux revealed that sufferers lose an average of 16 hours of productive work time per week, most likely as a result of sleep disturbances caused by heartburn. When the patients took 40 milligrams of the acid suppressor Nexium, their productivity increased by 72%. "Many people don't realize that their heartburn – particularly if it occurs at night – can really affect their performance at work," says William Orr, PhD, the study's lead author.

If you think acid reflux may be turning you into a slacker and you've already tried over-the-counter remedies, get yourself checked by a doctor.

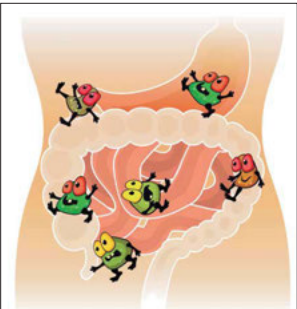
GUT REACTION

You can now add cancer to the long list of reasons to drop your dead weight.

When UK researchers tracked 17,000 men for nearly 30 years, they found that increases in body-mass index were directly proportional to the likelihood of dying of cancers of the gut – specifically, rectal, bladder, colon, or liver cancer.

Eating too many calories may lead to an increase in insulin-like growth factor (IGF-I), a hormone that encourages tumour growth, notes research author

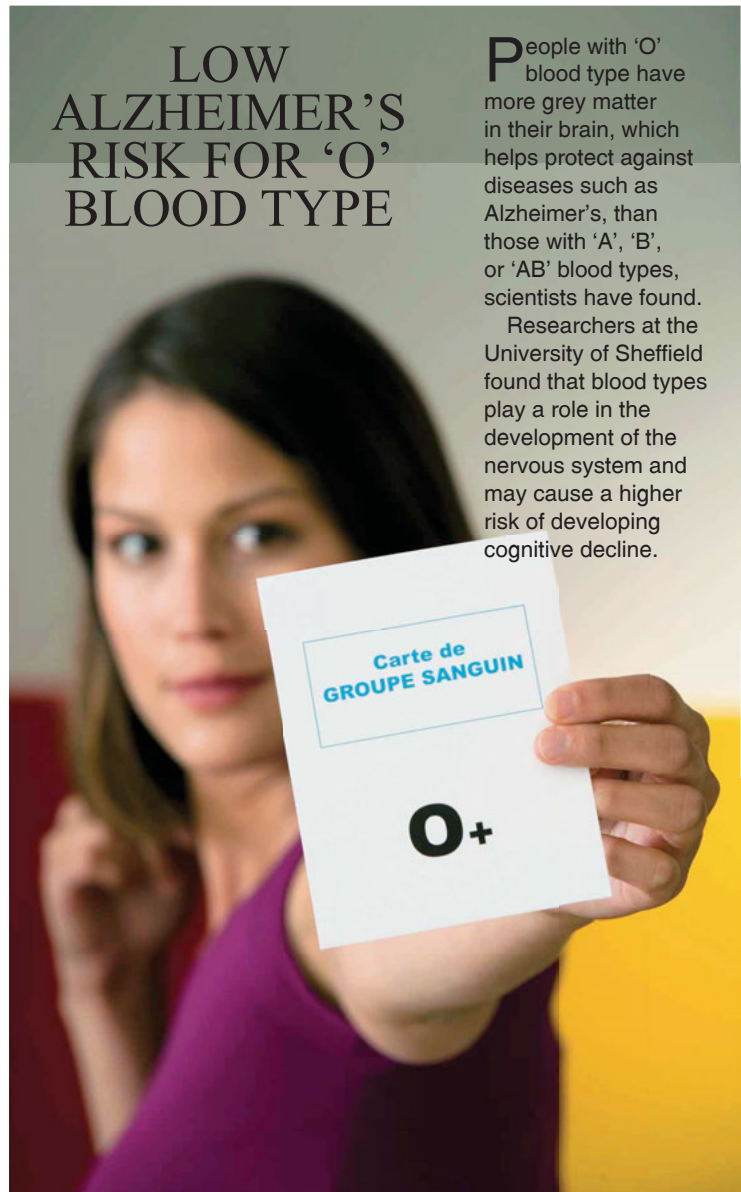
David Batty. Taking in less sugar and processed carbohydrates such as white bread, white rice and pasta is the best way to control IGF-I levels – as well as spark weight loss.



LOW ALZHEIMER'S RISK FOR 'O' BLOOD TYPE

People with 'O' blood type have more grey matter in their brain, which helps protect against diseases such as Alzheimer's, than those with 'A', 'B', or 'AB' blood types, scientists have found.

Researchers at the University of Sheffield found that blood types play a role in the development of the nervous system and may cause a higher risk of developing cognitive decline.





Wide Awake?

Chronic lack of sleep can permanently raise your blood pressure, suggests Columbia University researchers, even if you aren't overweight or don't suffer from sleep disorders.

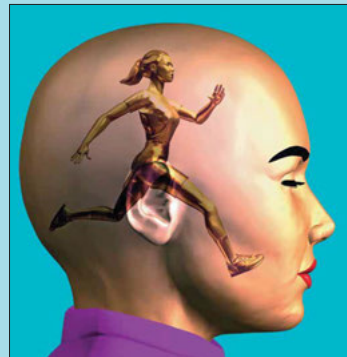
Their study found that logging less than five hours a night increased the incidence of high blood pressure by 60%. Sleep deprivation stimulates stress hormones, which cause short-term spikes in blood pressure and increased heart rate.

Miss sleep regularly, and you may suffer lasting damage to heart valves, by causing the cardiovascular system to persistently operate at an elevated pressure and stranding it. Evening exercise or even a few yoga moves can lower your core body temperature, which may help you fall asleep faster.

EXERCISE FOR BRAIN POWER

According to a study published in 'Neurology', the risk of silent stroke or brain infarction is lower among people who exercise vigorously. Infarction refers to the death of tissue due to lack of oxygen.

Studies suggest that vigorous exercise makes the brain grow bigger and stronger. The hippocampus is an area of the brain involved in memory formation that atrophies (grows smaller) in late adulthood. But recent research shows



that there may be a way to counteract the aging process on this specialized section of the brain.

MRIs of sedentary adults in their mid-60s who walked 40 minutes a day, three days a week, revealed that the volume of the left and right hippocampus increased by 2.12% and 1.97%, respectively.

The walkers gained as much volume in their hippocampi as they normally would have lost in one to two years. Their results demonstrate that aerobic exercise can confer benefits even when an exercise regimen is started later in life.



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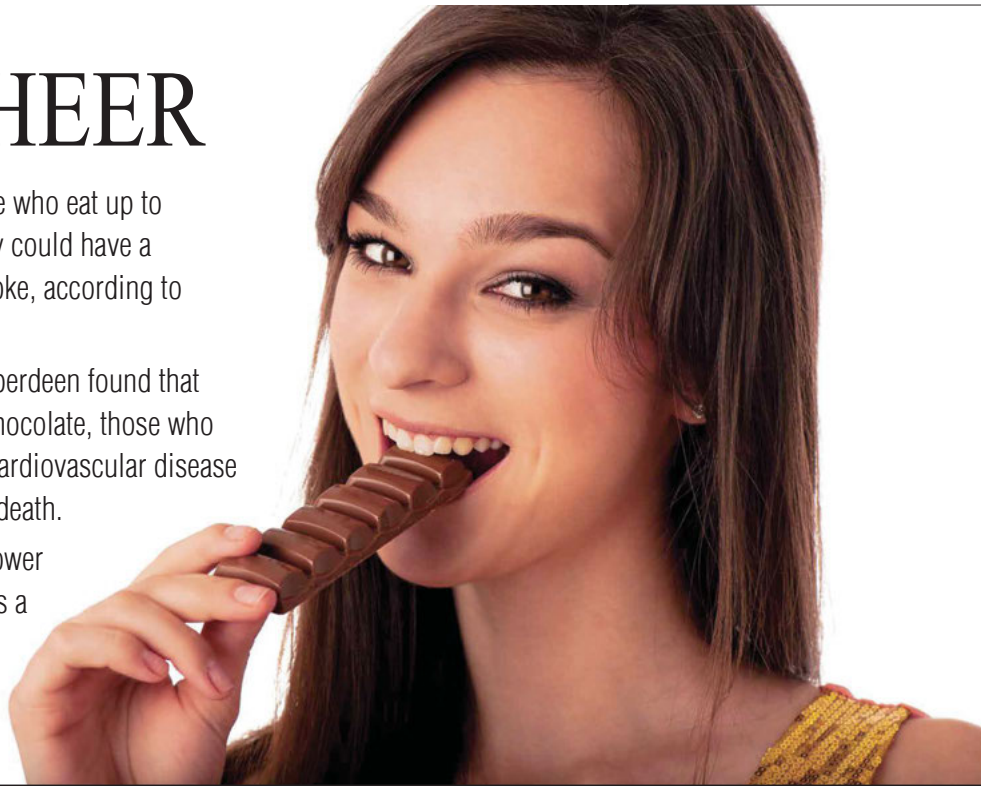
*As per Women Health Organization report, published in 'Unique Journal of Medical & Dental Sciences'.

CHOCO CHEER

Chocoholics can rejoice... People who eat up to 100 gm (4 oz) of chocolate a day could have a lowered risk of heart disease and stroke, according to a new research.

Scientists from the University of Aberdeen found that compared to people who didn't eat chocolate, those who ate more had an 11% lesser risk of cardiovascular disease and 25% reduced risk of associated death.

And it was also linked with a 9% lower risk of hospital admission or death as a result of coronary heart disease, and a 23% reduced risk of stroke, even after taking account of other factors.

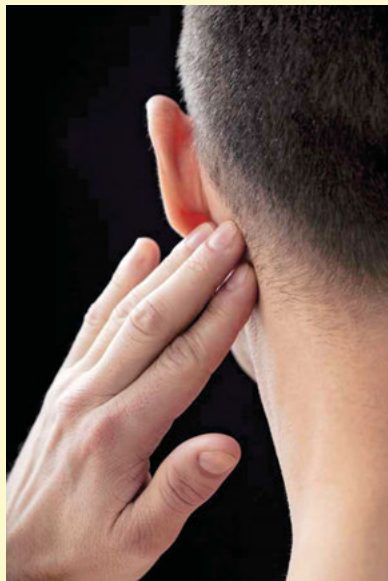


Head and Neck Cancer: Tata Hospital docs strike gold

A path-breaking study done by Tata Memorial Hospital, Mumbai, shows that an additional 30-minute neck dissection to remove affected lymph nodes can reduce the risk of relapse of head and neck cancer by 55%. The study, which was done between 2004 and 2014 with 596 patients, showed that this intervention can also boost the survival rate by 12.5%.

The study was published in the latest issue of the 'New England Journal of Medicine'.

Tata's study has put a full stop to the five-decade long debate on whether the surrounding lymph nodes should be removed at the time of primary oral cancer surgery.



Dr Pankaj Chaturvedi, professor, head and neck surgeon at Tata Memorial Hospital, added that the study has now given new hope for patients diagnosed with early oral cancer as head and neck cancers have high chances of relapse.

Annually, India sees 1 lakh new oral cancer patients out of which 50% die within 12 months. Most of these deaths are due to delay in seeking medical help. "Armed with the study, we will now be able to counsel patients confidently that adding neck surgery to their initial treatment is worthwhile," said Dr Anil D Cruz, surgeon of head and neck surgery department who headed the study.

Raining Health

Monsoon has arrived in all its glory... We track down Bollywood celebrities to find out how they keep themselves fit and sexy in the rains.

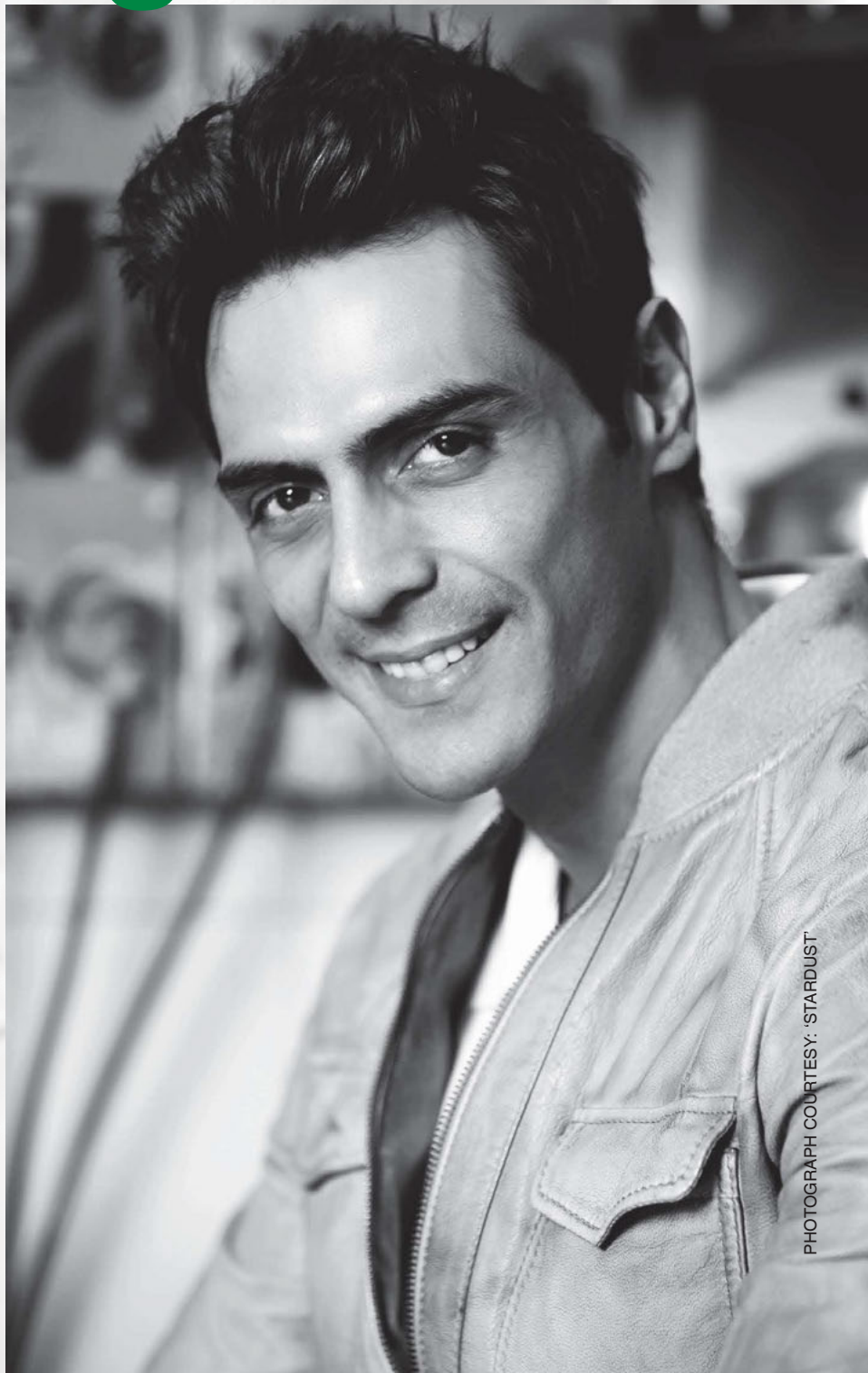
— ARCHANA IYER

Arjun Rampal

An ardent fitness freak, Arjun says, "Being fit helps me improve my concentration, willpower and even determination. Most of your fitness battle is won when you realise what your body needs when."

He adds, "During the monsoon, our skin is susceptible to a lot of infections. Thus, it is extremely vital to maintain healthy skin. As part of daily routine, using a good facewash and shower gel is essential. I swear by the Nivea Men All-in-One facewash and the new Active Clean shower gel.

"That apart, adequate sleep, a balanced diet and keeping the body oxygenated by drinking plenty of water helps in keeping yourself healthy overall."





Amrita Raichand

Amrita believes, rain or not, the trick to maintaining a regular workout schedule is to have your gym closer home. Says she, "In the monsoon, there's comparatively less work which leaves me with enough time to dedicate to workouts. However, on days that it's too gloomy and I am too lazy, I just do around 20-30 *surya namaskars* or go for a walk/ jog to my favourite US club, which again is very close to where I stay."

"I avoid uncooked food outside, especially salads. But I do indulge in yummy *pakodas* at home when it's pouring."

"As for my beauty regime, I use a lot of serum on my hair to keep it from frizzing. My oil massages also increase during this time and I try to keep myself hydrated consciously as one doesn't really feel thirsty during the rains."

Gautam Rode

Gautam has arranged to set up a gym on his sets (with machinery and weights) so that he doesn't skip his workouts. Says he, "Wherever I shoot, I create a gym there. So it is not that difficult. If you are passionate about something, you can definitely achieve it."

He adds, "As for my skin, I just keep it clean and hydrated. It is all about eating right and working out at the same time."





PHOTOGRAPH COURTESY: Binoy Bhatt

Tina Ahuja

For Tina, keeping fit during monsoon is enjoyable as she loves indoor workouts. Says she, "I practice power yoga on a regular basis. I also enjoy skipping which is a fun way to stay fit. Apart from that, I tend to avoid roadside food during monsoon."

"When it comes to skin and haircare, I never compromise. I wash my hair often. I always use products made from natural ingredients to keep my hair and skin healthy. Plus, I find it extremely important to use moisturiser and sunblock, even in the monsoon."

Arjan Bajwa

Arjan believes, "Nothing can stop you if you want to do something – come rain or shine. I don't really make any excuses in that zone unless I am feeling physically unfit to train. My current fitness regime mainly involves weight training. I do resistance training to improve my stamina and since I'm into Taekwando, it helps me remain flexible even after a heavy weight training routine."

"As Mumbai gets really humid during the rains, the best way to take care of unruly hair is to use an anti-frizz product. I also wash my face repeatedly with a mild face wash to get rid of the excess oil that appears on the face due to humidity. Clearing the face off the oil helps the skin breathe well."





Sunny Leone

For Sunny, keeping fit during monsoon is easy as she has a gym built in her house. Says she, "My home gym is equipped with a treadmill, spin bike, punching bag (for boxing) and all my weights, kettlebells and bands."

As for her beauty care, Sunny says, "I keep my face clean at all times, especially while shooting, as there is a lot of moisture in the air. I use clay masks to pull the dirt out of my pores during monsoon."

SLEEP WELL

Actress **Sheeba** reveals her sleep mantras.

"A sound sleep of seven hours is a must for me. And, on days, when I don't get my quota, I make sure I hit the sack early.

"I like to read, or watch a funny sitcom like 'Friends' or 'Marry Me' before going into slumber land. And I like to sleep with happy thoughts so that I feel positive and energetic the next morning.

"My mattress is neither too hard nor too soft. I am not a very fussy person and can sleep on any surface. But, yes, I need a lot of pillows around me while going off to sleep."

AISHWARYA P. VAIDYA



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■ **Fact File**

KNOW YOUR KNEE

Keep your knees healthy, pain-free and ready for action.

Knee, a seemingly simple part of the body, is in reality very complex in nature and serves an extremely vital role in the functioning of the human body.

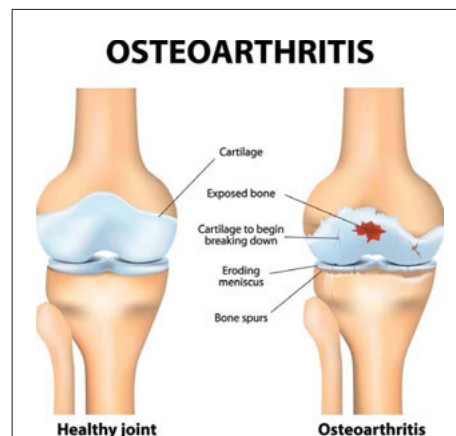
The muscles and tendons at the knee joint are called into action every time there is a change in posture or movement – be it sitting, standing, running or walking. Therefore, an affliction of the knee is bound to affect the entire rhythm of the body. But what are the major problems that could plague the knee? And how can they be treated?

Causes Of Knee Pain

Typical knee complaints are pain, stiffness and instability. But the cause of knee pain is broadly divided into two categories:

- **Traumatic:** Here, the trauma could be macro-trauma (direct hit, fall etc) or micro-trauma (training error or altered movement pattern due to any mal-alignment of bones of the leg/ foot).
- **Non-traumatic:** Here, the causes are osteoarthritis, rheumatoid arthritis etc.

Osteoarthritis is a degenerative condition with multi-factorial causes but occurs majorly due to wear and tear due to ageing or other traumatic/ birth related issues. It is further divided into two sub categories:



- **Primary Osteoarthritis** - Starts around 40-45 years of age. The patient complains of pain and stiffness after prolonged sitting or standing, ascending or descending stairs. It might be associated with some swelling around the knee which is a reaction of the body/ joint to the wear and tear happening inside.
- **Secondary Osteoarthritis** - Can start at an 'early age'. It develops in response to an underlying disease of joint/ deformities

The muscles and tendons at the knee joint are called into action every time there is a change in posture or movement – be it sitting, standing, running or walking. Therefore, an affliction of the knee is bound to affect the entire rhythm of the body.

If your joint sense is lost – lack of load bearing at the knee joint – transmission of load is disturbed.

Either you are not able to stand without support or you develop pain around the leg or hip musculature as the other muscles of the leg then start to support the leg.



by birth/ obesity and/ altered joint structure due to previous trauma which increases the degenerative process in the joint due to increased wear and tear.

Rheumatoid arthritis is an inflammatory condition of the joints with a presentation of morning stiffness with swelling in two or more joints. Usually, small joints of the hand are affected in this with rheumatoid nodules.

In the adolescent age group, there are some specific knee problems reported because of the improper fusion of growth plates, motor coordination not completely developed or bones being porous.

- Osgood Schlatter Disease which involves inflammation of patellar ligament at tibial tuberosity shows signs of pain at the top of the knee bone.
- Sinding Larsen Johansson syndrome demonstrates pain at the inferior edge of the knee cap.

Proprioceptive (Joint position sense) deficit leads to instability and lack of balance.

If your joint sense is lost – lack of load bearing at the knee joint – transmission of load is disturbed. Either you are not able to stand without support or you develop pain around the leg or hip musculature as the other muscles of the leg then start to support the leg. And overworking for those muscles leads to development of pain, and other complications like:

- Hip pain
- Back pain
- Leg pain

Treatment Options

After determining the cause of the pain, stiffness and instability, the treatment approach is designed by the doctor on the basis of the severity of the condition, symptoms, age and needs of the patient.

Two types of treatment approaches are available

- **Operative approach:** Operative procedures are performed by orthopaedic surgeons. Here, the physiotherapist helps the patient with pre-operative conditioning and post-operative rehabilitation.
- **Non-operative approach:** Here, medicines and supplements are advised by orthopaedic surgeons/ sports medicine consultants.



KNEE STRENGTHENING EXERCISES

Single leg standing: Stand on one leg, hold the position for 10 seconds, then change the leg.

Tip toe walking: Walk along a straight line, heel of the front leg should be close to the toes of the back leg.

Straight leg raise: Tuck in your tummy and raise your legs (alternately) at 40-45 degree and hold the position for 10 seconds.

Prone knee bending: Lie down on your belly and bend your knees (alternately) to maximum range available.



Physiotherapy

A physiotherapist also plays a crucial role in knee-related problems:

- ▶ Relief from pain – Mobilization of the joint, release of muscular spasm and trigger points.
- ▶ Correction of biomechanical alignment – as the body has been through stress/ trauma/ surgery etc. The axis of motion gets disturbed and needs to be re-aligned.
- ▶ Training of the right muscles.



Depending upon the type of the problem, the present state of the joint and the needs of the patient, a training plan needs to be customised for the patient.

Depending upon the type of the problem, the present state of the joint and the needs of the patient, a training plan needs to be customised for the patient.

Training should focus on muscle strength, cardiovascular and muscular endurance, flexibility, static and dynamic balance, coordination, aerobic capacity, agility, proprioception and kinesthesia (joint and movement position sense), and reaction time. Therapies such as manual therapy, electrotherapy, and hydrotherapy also help in correcting alterations in movement patterns, pain alleviation and decreasing inflammation.

Ultimately, through a mixture of therapies and preventative measures, your knees can be kept healthy and mobile, helping you operate at an optimum level.

PRAKASH JHA

Sports Physiotherapist, AktivOrtho

It's All In The Mind

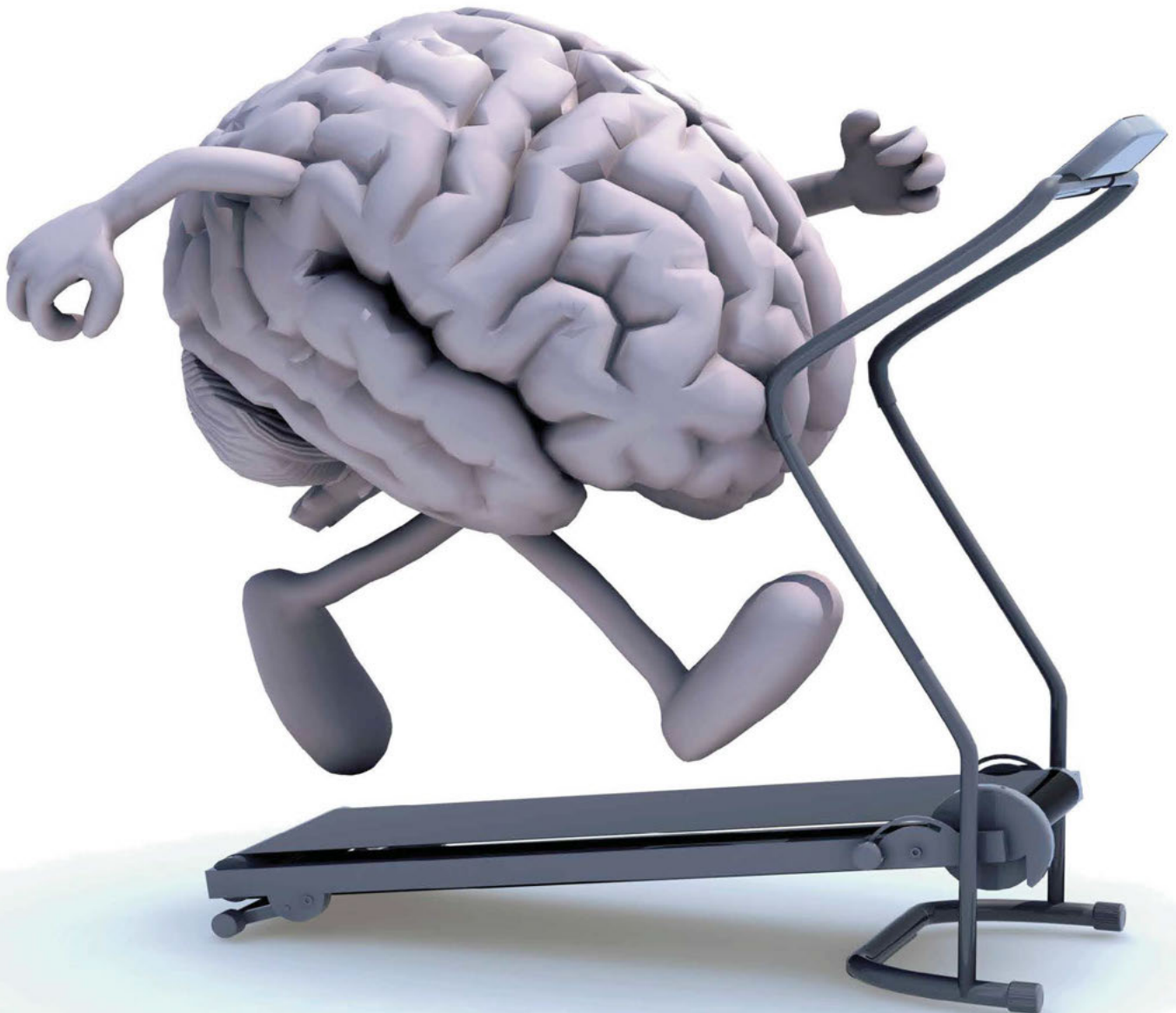
The desire to exercise... Small attitude adjustments are all it takes – for a fitter you!

Why does exercise come naturally to some people, while for others, it seems like torture?

Many factors come into play, such as childhood experiences (including parental role modelling), physical abilities, self-confidence, habit, motivation, cultural norms, age, body image and genetics, as well as beliefs and

expectations about the potential health benefits and unpleasant aspects of exercise.

If you are physically able but think that exercise is too difficult, embarrassing, painful, exhausting, or time-consuming, you just need to make few changes in your attitude. Before that, a few research findings on factors that influence people's exercise mindset:



MINDSET MATTERS

Being overweight



Many studies have shown that overweight or obese people tend to have negative thoughts and feelings about exercise, which may be both a cause and result of their weight gain.

Self-efficacy

In a study in the 'Journal of Economic Behavior & Organization' last year, Australian researchers looked at the relationship between personality traits and exercise, and other health-related habits. They found that people who perceived they had control over their lives were more likely to exercise and take

other healthy steps than those who felt that luck or fate largely dictated their lives.

Exercise-friendly genes

A 2013 Dutch study in 'Behavior Genetics' involving more than 5,000 twins and siblings found a strong genetic component to attitudes about exercise. The study demonstrated that exercise behaviours can be inherited.

ATTITUDE ADJUSTMENT

If you are largely or totally inactive, you can benefit from an honest self-appraisal of your exercise mindset. Changing negative feelings, beliefs and habits regarding exercise is hard, but rarely impossible.

- ◆ To get yourself going, try different types of exercise and activities until you find ones that are enjoyable, starting with brisk walking.
- ◆ Take it easy at first, then gradually make your workouts more challenging.

- ◆ If you especially like being outdoors, find an activity that you can do in a pleasurable environment with friends. Your local community health centre is a good place to begin.
- ◆ If you feel uncomfortable exercising in a health club or other public space, start by working out at home or choose a solo activity like cycling.
- ◆ Working with a coach or trainer can be a great motivator, as can using a pedometer or other wearable activity tracker.

If exercise intimidates you, and you can't overcome your fears about it, consider counselling to find strategies to help you overcome your psychological barriers to exercising.



Working with a coach or trainer can be a great motivator.





BOOST YOUR MOOD

Get fresh energy with these yoga poses.

Feel your mojo slipping away? Reinvigorate yourself with this 15-minute yoga routine, thrice a week, for the feel-good benefits.

Legs Up The Wall

Sit on a mat with your right hip near a wall. Roll down onto your back and bring both your legs up and rest them on the wall, so they are perpendicular to your body. Place both your arms, palms facing up, by your sides. Hold for about 20 breaths.





Supported Standing Forward Bend

Stand with your feet about four feet apart and toes slightly turned in. Hinge forward from the hips, bending your knees slightly if you need to. You can also rest your head on the top of a yoga block or phone book. (If your head doesn't completely rest on the block or book, spread your legs wider until it does.) Pull your shoulders away from your ears and pause for at least 10 breaths.

Child's Pose

Kneel and bend forward, put your forehead on the mat, and rest your hands (palms up) near your feet. Pause for two-three breaths. Exhale fully and, as you inhale, raise up onto your knees while sweeping your arms out to the sides and up until your palms touch above your head; inhale. Exhale and return to resting position. Repeat 10 times, then rest for three breaths, completing one set. Do up to three sets.





Goddess Pose

Lie on your back on a mat with your knees bent and bottoms of your feet together. Allow your knees to gently fall open. Place your arms overhead (as shown), and experience the rise and fall of your breath. Hold for at least 20 breaths.

Standing Side Stretch

Stand with your feet four-five feet apart. Turn your left foot out 90 degrees and right foot in 45 degrees. Inhale and raise both your arms out to the sides. As you exhale, bend your left knee 90 degrees, making sure your knee doesn't go past your toes. Put your left forearm on your left thigh and stretch your right arm up and to the left until it makes a straight line with your right leg. Hold for 5-15 breaths; release and switch sides. Repeat up to three times.



DANGER PUFFS

Women smokers are on the rise...
Read on to know how smoking
impacts reproductive health.

Women are catching up with men in every field and even surpassing them in some - and one of them is tobacco consumption. According to studies, India now has 12.1 million women smokers and lags behind only the United States in this segment. While an average male smokes 6.1 cigarettes a day, a woman smokes an average of seven cigarettes per day! And this is only the tip of the iceberg.

Alarming!

HERE ARE SOME SHOCKING STATISTICS...

- ▶ According to the Global Adult Tobacco Survey, 20% of Indian women consume tobacco, mostly in non-smoking forms. This prevalence has doubled in a decade. Besides, use of smokeless tobacco and exposure to passive smoking is very common in India.

- ▶ Women in the lower socio-economic strata are four times more likely to smoke than their more affluent counterparts – 12.4 % of women from the lower income bracket have taken up the smoking habit, as opposed to just 3.1 % of wealthy women.
- ▶ Rural women consume tobacco in various forms – dental paste, *bidis*, *hookah* and *masheri* powder, which they rub on their teeth and insides of the mouth. It energizes them to work in the fields.
- ▶ Smoking has risen threefold among young urban women, with one in 10 under the age of 30 smoking in Delhi and Mumbai today. *Hookah* smoking has become a huge fashion statement today.
- ▶ Globally, 250 million women smoke — 22% of women in developed countries and 9% in developing countries.

Health Hazards

Cigarette smoking is hazardous to health, and we all know that... It causes cancer, lung and heart disease. But it also has serious repercussions on your reproductive and maternal health. Read on, to know how the process of smoking affects women's health in different ways...

FIRST HAND SMOKING

Active (first hand) smoking affects maternal health in the following ways:

- ▶ Impaired lactation
- ▶ Miscarriage
- ▶ Premature birth
- ▶ Ectopic pregnancy
- ▶ Placental abnormalities
- ▶ Bleeding
- ▶ Premature rupture of membranes

IT ALSO AFFECTS NEW-BORN AND CHILD HEALTH:

- ▶ Foetal growth retardation
- ▶ Increased foetal heart rate
- ▶ Peri-natal death
- ▶ Pre-term delivery
- ▶ Low birth weight
- ▶ Foetal artery constriction
- ▶ Lessened amounts of oxygen and nutrients in the foetus
- ▶ Research has also revealed that smoking causes infertility as it ages the eggs within the ovaries in women.

SECOND-HAND SMOKING

Second-hand smoke is a mixture of sidestream and mainstream smoke. The smoke which comes from the burning end of a cigarette is termed as 'sidestream smoke' and the smoke that is exhaled by the smoker is 'mainstream smoke'.

- ▶ Smoking affects not only the health of smokers, but also the health of those around them who are exposed to second-hand smoke, such as their children, spouses and other relatives at home and the co-workers in the workplace. Exposure to second-hand tobacco smoke can cause serious and fatal diseases in adults and children.
- ▶ Smoking and exposure to second-hand smoke during pregnancy increases the risk of health and behavioural problems in the newborns which includes: Abnormal blood pressure in infants and children, cleft palate and lip, leukemia, infantile colic, childhood wheezing, respiratory disorders, eye problems, mental retardation, attention deficit disorder, behavioural problems and other learning and

Smoking and exposure to second-hand smoke during pregnancy increases the risk of health and behavioural problems in the newborns.



During routine antenatal check-up, history of smoking/tobacco use/passive exposure should be assessed.

Women admitting such history should be informed about the various hazards of tobacco use on maternal and new-born health.

developmental problems in the affected children.

- Research studies have found that smoking and exposure to second-hand smoke among pregnant women is a significant cause of miscarriages and Sudden Infant Death Syndrome (SIDS) after birth. Infants of mothers who smoke during and after pregnancy are three-four times more likely to die from SIDS than babies of non-smoking mothers. This indicates that there is a direct impact of tobacco on the infant mortality rate.

THIRD-HAND SMOKING

When tobacco burns, it releases nicotine in the form of vapour. This vapour attaches to surfaces

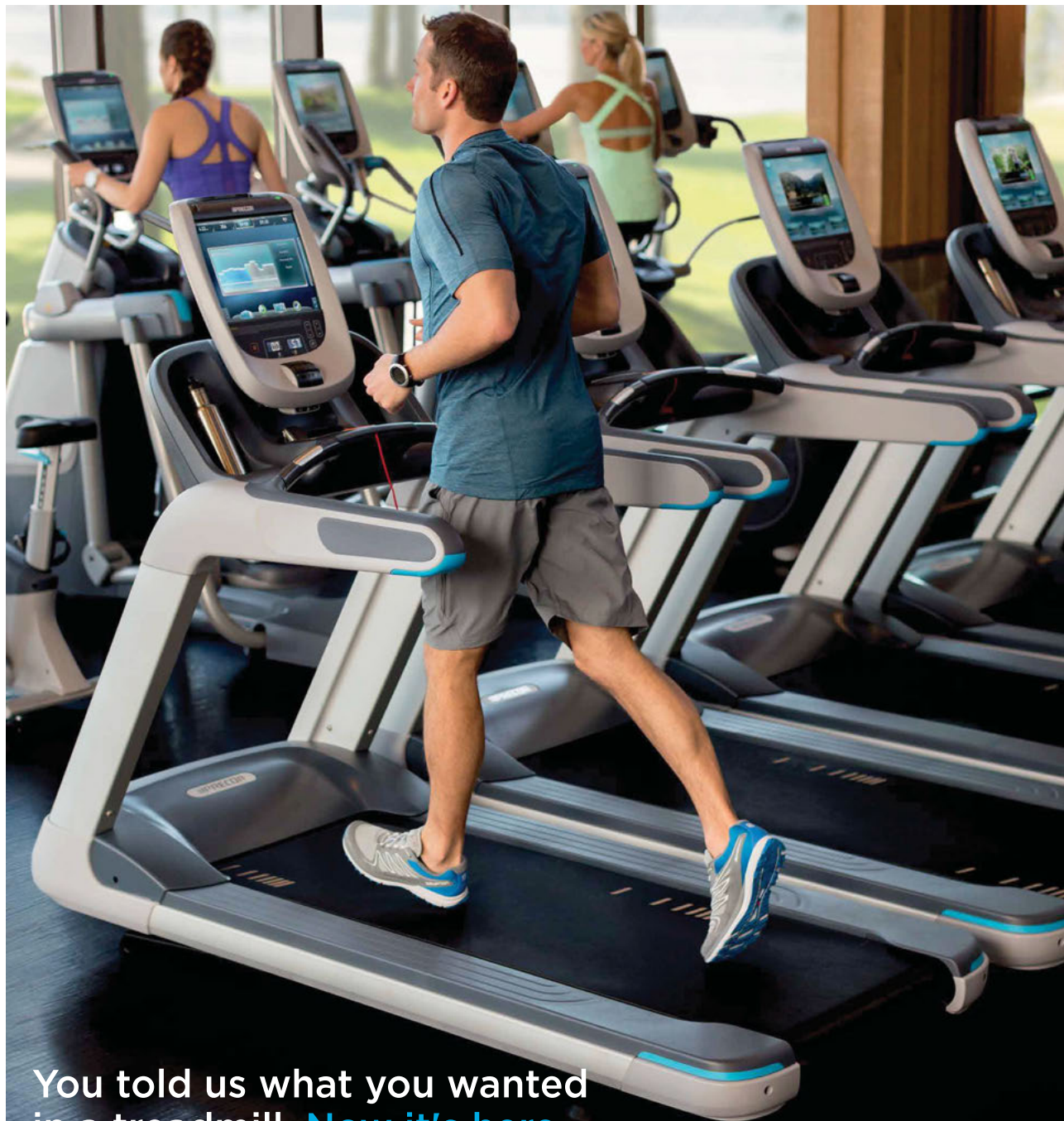
like walls, floors, carpeting, drapes and furniture. Children are more sensitive to being exposed to third-hand smoke because they breathe, crawl on, play on, touch, and even taste (because they often put their hands in their mouths) surfaces contaminated with tobacco residue.

Hence, second-hand and third-hand smoke are equally dangerous as they contain more than 7,000 chemicals, of which hundreds are harmful and about 70 can cause cancer. This shows that there is an urgency to control the consumption of tobacco and the target population must include: Adolescent girls, pregnant women and older women. Consumption of smokeless tobacco during



LONG-TERM EFFECTS OF SMOKING ON WOMEN'S HEALTH:

- Decreased life expectancy
- Heart disease
- Cancer
- Embolism & stroke
- Decreased fertility
- Menstrual abnormalities
- Earlier menopause
- Increased risk of osteoporosis
- Premature aging of the skin
- Muscular degeneration



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pregnancy leads to premature deliveries and also prevents the babies from growing optimally whilst in the mothers' wombs.

Action Plan

The good news is that it's never too late to quit. If you stop smoking, you'll improve your health and reduce your long-term risks – and you'll see immediate benefits, some within just a few hours!

While quitting smoking is the best thing you can do for your health, on a macro level, counselling from healthcare professionals is important too...

- During routine antenatal check-up, history of smoking/ tobacco use/ passive exposure should be assessed. Women admitting

such history should be informed about the various hazards of tobacco use on maternal and new-born health as well as long-term adverse neonatal and childhood effects. Pregnant women, their husbands and other family members should be encouraged to quit smoking/ tobacco use.

- Couples planning for pregnancy should be counselled against smoking/ tobacco use. They also need to be made aware of various tobacco related cancers and reproductive disorders.
- Public awareness regarding reproductive ill effects should be increased by including such messages in the National Tobacco Control Programme.

Couples planning for pregnancy should be counselled against smoking/ tobacco use.

DR DURU SHAH

**Director, Gynaecworld; Center for Assisted Reproduction & Women's Health;
Panel Consultant, Breach Candy Hospital, Jaslok Hospital, Global Hospital, Mumbai**

Diet



Creative corn
nummies...

Spices of
the season...

Healthy food tips
for monsoon...

Fat-melting cues...

Read on to stay
nourished!

GET CORNY!


Pep up your monsoon meal with our finger-licking corn recipes.

Rich in antioxidants and fibre, a freshly grilled corn-on-the-cob, seasoned with lime juice and salt, makes for a great snack on a rainy evening...

Now, try these corn dishes with a twist...

Healthy and easy-to-make, they are specially created by Executive Chef Sudhir Pai of Holiday Inn Mumbai International Airport. Relish!





ROASTED CORN AND SPROUTED CHICKPEA SALAD WITH LIME & APPLE DRESSING

Preparation time: 15 minutes

Cooking time: 5 minutes

Serves: 4

INGREDIENTS: 2 cups American corn niblets; 1 cup sprouted green chickpea; ½ cup pineapple, diced; ½ cup mixed coloured (yellow, green and red) pepper, diced; 4 leaves of assorted (romaine and lolo rosso) lettuce; 1 tsp parsley, chopped.

For dressing: 2 tbsp lime juice; 1 tbsp extra virgin olive oil; ½ tsp white pepper powder; 1 tbsp apple cider vinegar; 1-2 tsp salt.

METHOD:

- Roast the corn niblets on a frying pan with a dash of olive oil and some salt. Drizzle water and cook for a minute.
- Remove from the pan and keep aside to chill.
- In the same pan, roast the peppers in a similar way, and keep aside to chill.
- Make lime and apple cider dressing by blending all the dressing ingredients together in a blender.
- Mix pineapple, corn, grilled peppers and green chickpeas with the prepared dressing.
- Take a ceramic bowl. Chop lettuce and arrange them on the sides of the bowl.
- Gently arrange the mixed salad next to it.
- Sprinkle chopped parsley on top.
- Serve chilled.

POTATO, PANEER CORN PATTY

Preparation time: 30 minutes

Cooking time: 20 minutes

Serves: 4

INGREDIENTS: 1 cup American corn niblets; 5 medium-sized potatoes, boiled and grated; ½ cup paneer, grated; salt to taste; 1 tsp garam masala powder; ½ tsp red chilli powder; ¼ tsp turmeric powder; ½ tsp chaat masala; ¼ tsp white pepper powder; 2 tsp coriander leaves, chopped; 2 green chillies, chopped; 2 tsp lime juice; olive oil to grill; flour to dust.

METHOD:

- Roast the corn niblets on a pan with a dash of olive oil and some salt. Drizzle some water, cook for a minute, remove from the pan and keep aside.
- In a bowl, take potato, paneer, corn, salt, coriander leaves, green chillies and all the spices.
- Mix them together to blend well.
- Make small balls of one inch diameter each.
- Flatten the balls, dust them with flour and grill on a non-stick pan using minimal olive oil.
- Grill on both the sides till golden brown.
- Remove and serve hot with tomato ketchup.



CRUNCHY CORN AND CHICKEN ROLL

Preparation time: 45 minutes

Cooking time: 30 minutes

Serves: 4

INGREDIENTS:

For the tortillas: 1 cup whole wheat flour; 1 cup water; ½ tsp salt

For the filling: 1 cup American corn niblets; ½ cup small dices of chicken breast; ½ cup coloured pepper, diced; 2 tsp garlic, chopped; 1 medium-sized onion, chopped; 3 tbsp white sauce; ½ tsp white pepper powder; 2 sprigs rosemary, chopped; 2 tsp parsley, chopped; 2 tbsp olive oil; 4-5 lettuce leaves, shredded; salt to taste.

METHOD:

- For tortillas, make a medium soft dough with flour, salt and water.
 - Roll 4 round tortillas of 10 inches each out of the flour.
 - Bake the tortillas on a hot non-stick tawa for one minute on each side and keep aside.
- FOR THE FILLING:**
- Take a heavy bottomed frying pan.
 - Add 1 ½ tbsp olive oil, and sauté garlic for a minute.
 - Add onions and sauté for another minute
 - Add chicken, salt, white pepper powder and chopped rosemary and sauté for two minutes.
 - Add corn and sauté for a minute. Add little water if it sticks to the pan.
 - Add white sauce and parsley. Cook till the filling is thick and bound well. Take it out in a bowl.
 - Now take the baked tortillas, and arrange shredded lettuce on each of them.
 - Spread the filling on the lettuce. Roll the tortilla with the filling to form a wrap.
 - Now bake the rolls on a non-stick frying pan on all the sides.
 - Remove and place it on a chopping board. Cut thick slices of it, and arrange on a plate.
 - Serve with tomato ketchup.





GRILLED SALMON WITH ROASTED CORN AND TOMATO SALSA

Preparation time: 45 minutes

Cooking time: 30 minutes

Serves: 4

INGREDIENTS: 4 steaks (120 gms each) of pink salmon or any other fish.

For marination: ½ tsp white pepper powder; juice of 1 lime; salt to taste; 2 tbsp olive oil to grill.

For the roasted corn & tomato salsa: ½ cup American corn niblets; 4 tomatoes, blanched; 1 green chilli, chopped; ½ cup tomato juice; 2 tsp lime juice; salt to taste; 1 jalapeno chilli, chopped; 2 tsp cilantro leaves, chopped; 2 tbsp onions, chopped.

METHOD:

- Marinate salmon with salt, pepper and lime juice and keep in the refrigerator for 30 minutes.
- For the salsa; in a glass bowl, place dices of blanched tomato.
- Add corn niblets which are roasted in a pan with salt and minimal oil.
- Add green chillies, jalapeno chillies, cilantro leaves and onions. Add tomato juice, lime juice, salt and mix well with a spoon.
- Grill the salmon on both the sides till cooked.
- Serve on a plate with cous cous or herbed rice and spoon the prepared salsa on top.
- It can be served with steamed vegetables too.

SPICY SHRIMP AND CORN SHORBA

Preparation time: 40 minutes

Cooking time: 30 minutes

Serves: 4

INGREDIENTS:

For the seafood stock: 120 gms fish bones; 6 prawn shells, head cleaned; 1 onion, chopped; 1 carrot, chopped; 2 bay leaves; 3 tomatoes, chopped; 5 coriander stems

For the soup: 5 tbsp American corn niblets; 12 shrimps, peeled; 1 tbsp small dices of coloured peppers; 1 tbsp small dices of tomatoes; 1 tsp garlic, chopped; 1 tbsp onions, chopped; ½ tsp white pepper powder; ½ tsp turmeric powder; 1 tsp garam masala powder; ½ tsp red chilli powder; 2 tbsp lime juice; 1 cup tomato juice; 1 tbsp coriander leaves, chopped; 2 tbsp olive oil; salt to taste.

METHOD:

- Make seafood stock using fish bones, prawn shells and the vegetables mentioned in the list.
- Boil for half-an-hour with one litre water. Reduce to ½ a litre, strain and keep aside.
- In a heavy bottomed sauce pan, take 2 tsp olive oil.
- Add garlic and sauté till golden brown. Add onions and sauté for a minute.
- Add tomato and pepper dices and sauté for two more minutes.
- Add shrimps and all the masalas and seasonings, and sauté further for a minute.
- Add tomato juice and seafood stock.
- Boil till the shrimps are cooked and all the flavours are well blended.
- Add chopped coriander leaves and lime juice.
- Serve hot.





■ Diet Wise

MONSOON MENU

Watch what you eat in the rains. Here's a quick guide...

Herbal teas help keep the cold and flu away

The season's showers come as a relief to the extreme summer heat we've had to bear. But the rains also bring with it some health risks – dengue, malaria, typhoid, viral fever, diarrhea etc. One of the best solutions to fight these problems is: Watching what you eat...

Read on.

Water Wise

Opt for water which is boiled after purification instead of the normal tap water, as water borne diseases are quite common in the rainy season. Boiling water kills all the bacteria and germs that are found in it.

Food Cues

Include lots of fruits and vegetables in your diet in the form of salads and fresh juices as fresh vegetables and fruits are rich in water content, essential nutrients in the form of water soluble vitamins and minerals, natural sugar and fibres.

- ★ Vitamin C rich foods like *amla* and citrus fruits improve the body's immunity level.
- ★ Bitter vegetables such as bitter gourd, radish and fenugreek help in protecting against skin infections and allergies.
- ★ Seasonal fruits like cherries, plums, apples



and pears should be had in abundance.

- ★ Spices like turmeric, cumin powder, garlic, ginger, pepper and asafoetida are good digestives.
- ★ Herbal teas help keep the cold and flu away. *Tulsi*, barley and plain lukewarm water are good to detox the system.
- ★ To avoid mucous formation in the rains, consume fresh radish juice. The consumption of rock salt in warm water is another way of preventing mucous formation.

- ★ Soups are one of the safest options. They add warmth and fight against cold and infections.



- ★ Cereals like corn, chickpea, brown rice, barley and oats provide all the vital nutrients one may need in the rains.

Digestion Guide

In the monsoon, digestion is comparatively slow, so...

- ★ Avoid oily, fried and fatty food. They also make you sluggish.
- ★ Eat warm and freshly cooked food.
- ★ Eat only when hungry. Stale/ leftover food should be avoided.

Hygiene Right

Finally, maintaining hygiene in the kitchen as well as while eating are very important. Wash fruits and vegetables well before consumption as they are prone to dust, larvae, bacterial growth etc.

Avoid street, sea and raw food as far as possible.

SHRADDHA GADIT

Nutritionist, Gold's Gym, India.

SPICE UP!

Spices to address your health woes, this season.

Monsoon can take a toll on our bodies by inviting a lot of health problems like cough, cold, allergies and infections. Eti Bhalla, Chief Dietician, Paras Hospitals, Gurgaon, prescribes six spices that will help keep monsoon ailments at bay.



CORIANDER

Coriander leaves, commonly known as *dhania* in the Indian subcontinent, are herbs that have pain-relieving properties and are useful for headaches, muscle pain, stiffness and arthritis.

Coriander seeds: Pleasant, aromatic and spicy, their seeds have been found utility since ancient times in cooking as well as in various traditional medicines.

How they help?

- They possess many plant-derived chemical compounds that are known to have antioxidant, disease-preventing and health-promoting properties.
- They help digestion, are a good source of vitamin C, have anti-bacterial properties, help prevent menstrual irregularities and cure skin diseases.
- Contain natural compounds which help detox the body.

Coriander powder:

- It is an appetite stimulant and aids in the secretion of gastric juices.
- Relieves nausea, diarrhoea, flatulence and indigestion.
- Enhances blood circulation and relieves fluid retention.

CLOVES

Cloves are dried buds of the clove tree, which have medicinal benefits due to its anti-bacterial and anti-septic properties.

How do they help?

- Fight bad breath, and increase immunity, metabolism, blood circulation and digestion.
- Provide relief from cough.
- Fight muscle spasms.



CUMIN

Cumin or *jeera* is a common ingredient in Indian kitchens. Apart from adding flavour to a dish, it has many health benefits.

How does it help?

- Treats stomach discomfort and bloating.
- Has antiseptic properties.
- Cures common cold and aids digestion.
- Effective in stimulating menstrual cycle in women.



TURMERIC

Turmeric is a kitchen staple in India, used in just about every dish. Can also be applied externally.

How does it help?

- Treats acne, eczema, allergies, cough, arthritis, asthma, flatulence, gum disease, heart disease and high blood pressure and heal wounds.



CINNAMON

Cinnamon is a natural food preservative, and an excellent source of iron, fibre and manganese.

How does it help?

- Aids digestion and cures bloating.
- Fights infections and cold.



CARDAMOM

Native to the forests in India, these green pods are commonly used in Indian cooking, especially in making tea.

How does it help?

- Helps digestion, and treats bloating, heartburn and loss of appetite.
- Prevents bad breath, infections and cold.



AISHWARYA P. VAIDYA



FAT BURNERS

Five proven strategies that shrink your most stubborn fat.

Lose half kg a week. Maybe one. That's the best pace to shed body fat; gradual weight loss may help smooth out lumps and bumps. But stay in the slow lane – and keep fuelling your workouts – by following these five fat-blasting strategies.

1 Cue your portions
These are what healthy serving sizes look like – or you can use your hand: Your palm is about the size of a three-ounce serving of meat, and your fist is good for a half cup, perfect for pasta. Your thumb is about an ounce (cheese is 1½ thumbs), and the tip measures 1 teaspoon, which counts for one serving of oil.

2 Graze, don't gorge
Plan on three small meals and two or three snacks a day, spaced no more than four hours apart. Women who follow this mini-meal plan are leaner and have less body fat than women who eat the same number of calories packed into two or three big meals, found researchers at the University of Michigan. Eating small portions often also helps keep your metabolism revved and stomach full so you don't overeat.



3 Cut 100 calories per meal
It's a lot easier than you may think, and it adds up fast: With 300 to 500 calories cut, you'll lose slow and steady. Skip the croutons in your salad and use 1 less tablespoon of butter on bread; both are good for saving 100.

4 Choose extrafilling foods
That means those that are high in fibre and water, such as broth-based soups and raw veggies, which are particularly talented at quelling appetite, so you'll want to stop eating sooner. A study of 150 overweight people found that those who ate soup every day for a year lost 50% more weight than people who didn't. And munching on a salad with fat-free dressing before your meal may cut your calorie intake by 12%, according to another study.

5 Pass on processed junk
Cookies, crackers, chips – they're all packed with a lot of calories and not nearly enough nutrients per ounce as healthier options. A recent survey of more than 7,000 adults confirmed that women who ate a calorie-dense diet had a higher BMI and weighed more.

Foods That Fight Fat

Add these items to your shopping list to curb your appetite, burn fat, and put you on the road to a smoother you.

OATMEAL A study found that the fibre in the rolled grain curbs your appetite without a truckload of calories – the perfect combo to help you eat less and lose weight.



VEGETABLE JUICE

Consider this a calorie-cutting cocktail: One glass of it before mealtime, and you'll eat up to 135 fewer calories later.

NUTS Add a few small servings of your favourite variety to your diet – the fibre and good fat in nuts makes them very filling, so your weight stays steady.



FAT-FREE MILK Several studies have shown a link between calcium and body fat: As calcium intake increases, body fat decreases. And one study

showed that two servings of dairy every day may reduce the risk of gaining weight by as much as 70%.

GREEN TEA Compounds in this type of tea may help boost your body's metabolism and fat-burning abilities.





Downsides Of Drinking More Milk

women. The study even challenges milk's much-touted bone-building benefits, reporting that women who drank more milk were at a greater risk of fractures.

Bess Dawson-Hughes, MD, director of Tufts' HNRCA Bone Metabolism Laboratory, explains, "The analysis of the prospective cohorts indicates that in women, there is an association of milk intake with both fractures and mortality, with significant increases in risk at intakes as low as one to two glasses of milk per day, as compared to less than one glass per day. The association of milk intake with mortality in men was generally weaker than in women, and was seen only at higher levels of milk intake – two-three glasses per day or more."

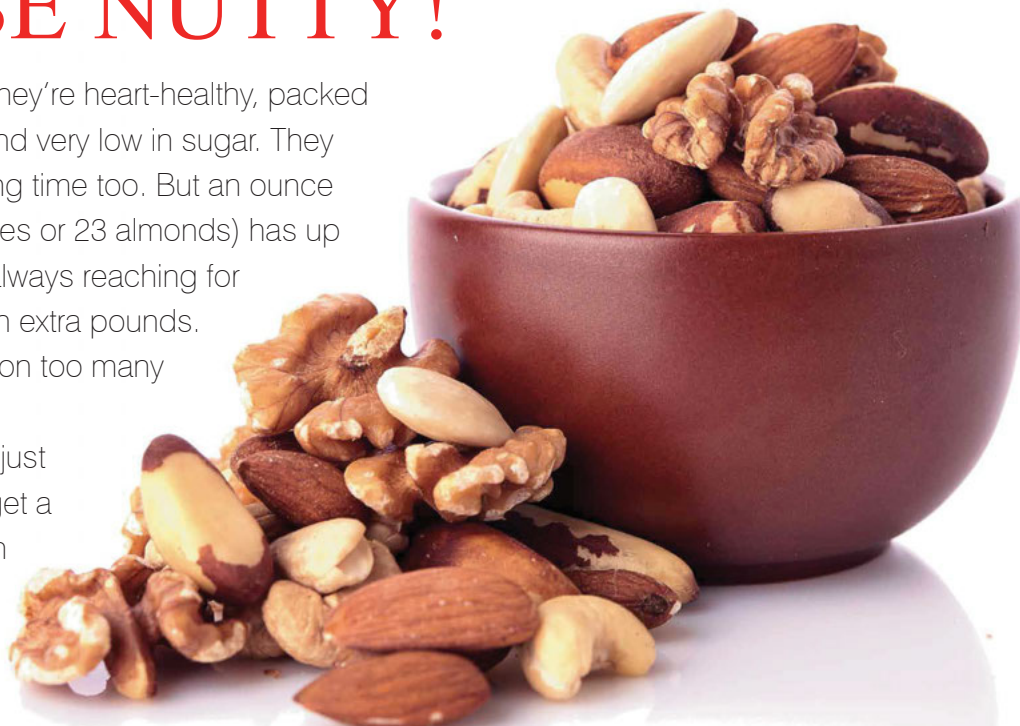
If you grew up thinking three glasses of milk a day are a must for healthy nutrition, you're hardly alone.

But a new Swedish study is grabbing headlines for finding that higher milk consumption is actually associated with increased mortality risk, especially in

DON'T BE NUTTY!

Nuts are a great snack. They're heart-healthy, packed with protein and fibre, and very low in sugar. They can help you feel full for a long time too. But an ounce of nuts (about 14 walnut halves or 23 almonds) has up to 200 calories. So if you're always reaching for them, you may risk putting on extra pounds. Another downside: Noshing on too many can give you gas.

Bottom line: Stick to eating just one ounce of nuts a day to get a health boost that won't weigh you down.



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RICE: it's still healthy



Whole grains, including brown rice, are part of a healthy diet. However, health advocates have raised concerns about the tiny amount of arsenic that rice plants absorb from the soil. Also, a handful of studies have linked rice consumption to cardiovascular disease, although the evidence is preliminary and inconsistent. But now rice eaters can rest a little easier, thanks to a study in 'The American Journal of Clinical Nutrition'.

Researchers tapped several long-term studies involving more than 200,000 health professionals over a period of years – from 1984 to 2010 – to look for any signs of a link between rice and cardiovascular problems. The researchers added up the number of confirmed cases of heart attacks, chest pain and death from any cause, and ran statistical tests to check if people who ate more rice had more problems.

The study found no extra risk from rice – at least at the relatively low levels of consumption. This doesn't conclusively prove rice is safe, but the study didn't find any obvious sign of trouble in a large group of rice eaters followed over many years.

Meanwhile, the health benefits of brown rice and other wholegrain foods are well established. Whole grains contain important vitamins and minerals as well as protein and fibre.



ASK THE DIET EXPERT Nutritionist Niti Desai, MSc. SRD (UK), solves all your diet dilemmas

GLUTEN-FREE

Q After many years of digestive problems, I decided to go gluten-free and have felt much better. Does this mean I need to go gluten-free for the rest of my life? Is there any diagnostic test other than 'if you feel better, stay gluten-free'?

I keep seeing new products labelled gluten-free. I understand this is important for people with celiac disease, but should everybody try to eat gluten-free?

Radha Munshi, Pune

A

- ♦ If you feel better, you may want to go gluten-free or introduce small quantities of gluten in your diet.
- ♦ Yes, there are diagnostic tests for gluten intolerance.
- ♦ Everybody does not need to go gluten-free at all. It has become very common and almost fashionable to blame all digestive problems on gluten. However, there is no harm in including gluten-free grains such as *jowar*, *bajra* or *ragi*/*nachni* in your diet as they are very nutritious.

Dr Deepak N Amarapurkar, Gastroenterologist, adds

Gluten sensitivity is of two types:

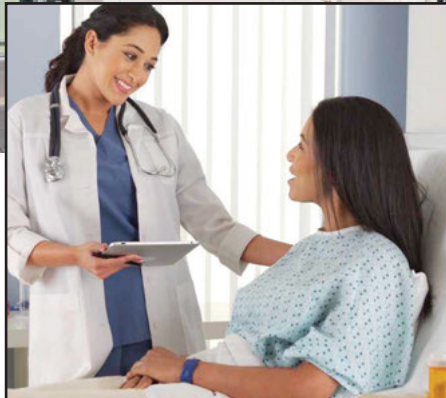
- ♦ Allergy, which is called as celiac disease, and diagnosed on the basis of blood test. For patients with celiac disease, gluten in any form is taboo for life.
- ♦ Other form of gluten sensitivity is called as non-celiac gluten sensitivity. These patients test negative for the tests for celiac disease but their symptoms improve with gluten withdrawal. It is not clear that life-long gluten withdrawal is essential for these patients.
- ♦ There is a lot of research going on in this field. Genetically engineered gluten-free wheat is likely to be made available commercially in the near future.
- ♦ Medications to be used with the meals which will prevent gluten absorption from the intestine, are also likely to be available.
- ♦ Regarding your case, I would recommend you to see a gastroenterologist for appropriate testing.



Healthcare



Special



Unravel the secrets of smart patients; know all about post-surgery care; choose the right hospital...

Plus, a compilation of the top hospitals in the country. Stay informed and be health smart!



Healthcare Special

POST-SURGERY CARE

Having an operation? Here's all you need to know about what to do after a surgery.



You exercise, eat right, and adopt healthy lifestyle habits. But few people go through life without having to visit the hospital for some kind of procedure. Whether it is a knee replacement, heart bypass, or anything in between, you need to be ready for what comes afterwards.

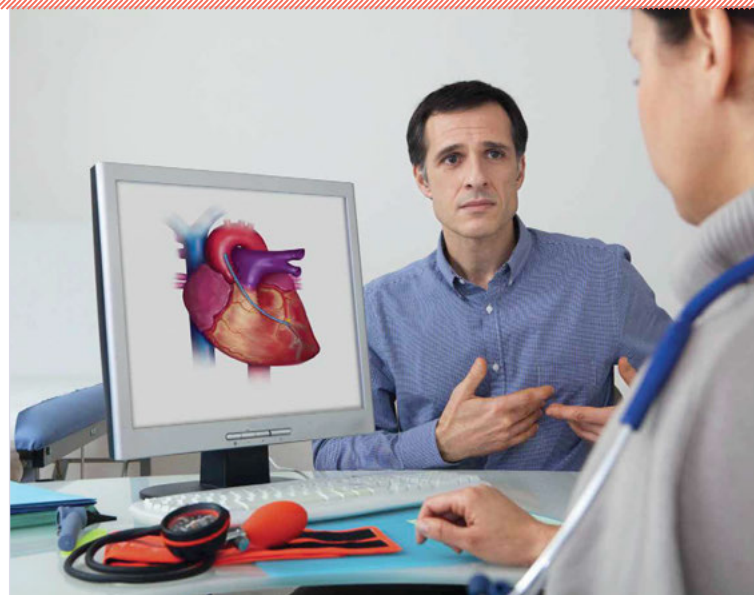
"Surgeries do not take that much time to perform, and before they know it, patients are suddenly faced with the road to recovery with no plan in place," says Dr Peyman Benharash, a cardiac surgeon with the Ronald Reagan UCLA Medical Center. "Without a proper support strategy in place, they can find themselves readmitted to the hospital and make recovery longer and more difficult."

You do not need to devote much time or effort to post-surgery planning. Here is a look at two of the most common surgical procedures – heart bypass and hip and knee replacement – and what to expect afterwards and how to plan accordingly.

Heart Bypass

The first step: Before your surgery, prepare yourself physically. Yes, you will have a heart procedure, but that does not mean you cannot stay somewhat active. "Instead of sitting around waiting for the surgery, do a daily walking routine," says Dr Benharash. "This regimen does not have to be strenuous, just enough to get the muscles moving and the lungs expanded."

Your surgeon or cardiologist can advise a safe level of activity. If you are overweight or underweight, consult a nutritionist to help you lose/ gain weight and ensure you take enough vitamins and antioxidants to help with post-



surgery wound healing. Also, check for anemia.

"Ensuring you have an adequate healthy red blood supply can reduce surgery complications," says Dr Benharash. If needed, drugs can increase your red blood cell mass.

After the surgery, you need to address these areas:

HOUSE HELP. Older adults will need at least five to seven weeks for the breastbone or incision to heal enough for movements like driving. However, you will not be allowed to lift more than 10 pounds for six weeks, which means you will need assistance with grocery shopping, cooking, and other routine household tasks. "Many patients arrange the support of family and friends to help in this role, but if you do not have this option, it is best to stay in a rehabilitation centre for at least a few weeks," says Dr Benharash.

MEDICATION. After surgery, you may take up to eight kinds of daily medications in various dosages and at a variety of times. These include blood thinners and drugs to slow down the heart rate and lower blood pressure to reduce your heart's workload. Dr Benharash

Before your surgery, prepare yourself physically. Yes, you will have a heart procedure, but that does not mean you cannot stay somewhat active.



Depending on your individual needs, you may have a regular in-home nurse visit to take blood, check your healing progress, and review medications to ensure they are being taken as scheduled.

recommends setting up a checklist and reminder system, such as a daily notebook to list all the drugs, how much to take and when, and a box to check off when completed. If you need a more visual reminder, set up a white board that lists all the information. You can also schedule times on your smart phone.

APPOINTMENTS. Depending on your individual needs, you may have a regular in-home nurse visit to take blood, check your healing progress, and review medications to ensure they are being taken as scheduled. “Also, plan for scheduled follow-up doctor visits in advance in order to coordinate any travel needs,” says Dr Benharash.

GET MOVING. You may need a walker or shower chair to help with balance for the first few days post-surgery. (You can rent them from medical supply companies.) But you need to focus on being active instead of lying in bed. Resume your pre-surgery routine of daily walks whether outside or inside.

Joint Replacement

Knee or hip replacements are similar in terms of pre-surgery prep and post-surgery recovery.

Two months before, focus on improving your health, says Dr Benjamin Bengs, associate professor and orthopaedic surgeon at the Ronald Reagan UCLA Medical Center. “Losing even a small amount of weight can help relieve some stress of recovery,” he says. “Stay active with an exercise bike or walking, which many people can do without putting excess stress on their joint. This can help strengthen the surrounding muscles and help speed up recovery.”

The recovery period begins almost immediately after surgery, but full healing can last from six months to a year. You typically stay in the hospital for three days, but are encouraged to be mobile as soon as possible. When you leave the hospital, you should be able to resume normal bathroom hygiene and move around with the assistance of a walker or cane.

KEEP IT SIMPLE. Dr Bengs says the best at-home recovery strategy is to keep it simple. “Arrange for friends or family members to help with errands, as you won’t initially be independent, including the ability to drive, for a couple of weeks,” he says. “If this isn’t an option then stay in a rehabilitation facility until you are able to take care of yourself.”





Ask others just to pay a friendly visit, or make an effort to call or e-mail someone once a day,” says Dr Bengs. “It’s a small gesture, but can keep you positive until you recover.”

STAY ACTIVE. Regular physical activity is also crucial. A physical therapist will provide in-home sessions several times a week to help with range of motion and strengthening, but it is up to you to initiate some kind of ongoing movement. Walk for 30 minutes daily, at least three times a week. “Don’t worry about speed or distance, and stop and rest as needed so you don’t overextend yourself,” says Dr Bengs.

MENTAL OUTLOOK. One of the greatest challenges with joint replacement is not physical, but mental. You will experience some pain and discomfort, and may feel like your independence is gone, which can lead to mild depression. A social support group can keep up your spirits. Many times this can be your regular circle of friends and family that helps with errands, but these interactions may be limited. “Ask others just to pay a friendly visit, or make an effort to call or e-mail someone once a day,” says Dr Bengs. “It’s a small gesture, but can keep you positive until you recover.”

WOUND CONCERNS. Another challenge is to avoid unnecessary readmissions to the hospital. “If you have to go back into the hospital, it can set back the recovery process,” says Dr Bengs. The main reason for readmission is concerns about wounds. Often there is no problem, but people become worried about slow healing and head to the hospital. “But once there, you tend to get admitted for three to four extra days away from your usual recovery routine, which may lead to other problems, such as unnecessary operations, hospital-acquired infections, or inappropriate antibiotic administration,” he says. If you are concerned about bruising, swelling, or soreness, speak with your doctor. He or she can determine whether you need to be re-examined or require help to calm your anxiety.





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The hospital has a longstanding preferred collaboration with Partners Medical International (PMI). The partnership brings to Wockhardt's patients, global standards of care and clinical expertise. Senior staff at the hospital, including doctors and nurses, have undergone training at the PMI affiliated hospitals in the United States.



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- Ms. Zahabiya Khorakiwala,
Managing Director, Wockhardt Hospitals

Wockhardt On the Day of launch



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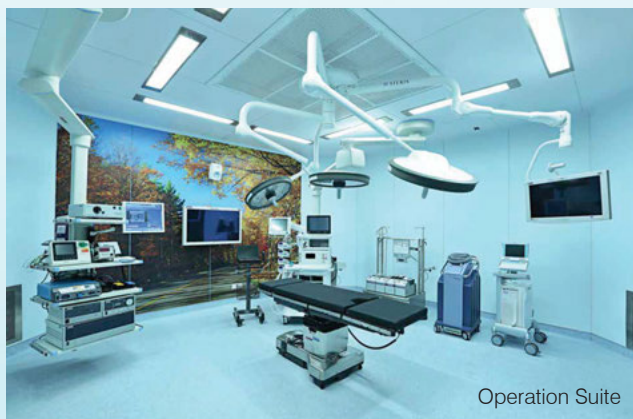
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BE A SMART PATIENT

Here are six ways to get the most out of your doctor visit.

It's easy to feel rushed at a doctor's appointment or unsure of the information and instructions you're given. But with a little preparation, you can become your own health advocate and feel like you're getting the most out of your doctor visit.

"The medical system is complex and can be overwhelming. In order to get the best possible outcomes, it really helps to be an active consumer," says Dr Karen Joynt, a health policy researcher and a cardiologist at Harvard-affiliated Brigham and Women's Hospital.

Use the following tips to take a more active role in your healthcare.

1 Prepare for the visit

How many times have you left a doctor's office only to think of a question you wish you had asked during the appointment? To avoid that, make a list of questions in the days leading up to your visit. The questions can be about something complicated, such as your treatment, or simple, such as whether you should get a flu shot.



2 Share your symptoms

Volunteer information about your symptoms and other health concerns, even if you're not asked. "The physician needs to know why you're there and what's bothering you," Dr Joynt says. "If it's a general follow-up, think about the things that are health issues for you. Are you struggling with insomnia, or feeling sad all of the time, or having more heartburn than usual?" The more information your physician has, the better he or she can get to the bottom of what's causing your ailment.

3 Ask questions

Don't hesitate to ask questions and voice concerns as they occur to you during the appointment. Dr Joynt says patients often want to seem cooperative, and not appear pushy or ask what seems like a "dumb" question. "But remember, it's your body and you are the person who needs to understand the plan," she says. "It's far better to be pushy than not know what to do to take the best possible care of yourself. It's okay to say to your doctor, 'Wait, I want to make sure I understand what you're saying. This is important and I want to get this right.'" Make sure you write down the answers.

4 Bring a friend

Because appointments can be a little confusing at times, it helps to have an extra set of ears to pick up on instructions and



Everyone should have a current list of medications to show the doctor, but many don't. An upcoming appointment is a good reason to put your list together.

other information. Dr Joynt recommends bringing a friend or spouse to an appointment. "It's not because you can't make your own decisions," she explains. "It's because it's just so hard to keep track of all the information. Having someone who can take notes and be your scribe can be helpful, because it can be overwhelming to hear news about a new diagnosis or complicated changes to your medications."

5 Bring medications

Dr Joynt says everyone should have a current list of medications to show the doctor, but many don't. An upcoming appointment

is a good reason to put your list together.

"It helps you get organized and helps the doctor understand what you're taking," Dr Joynt says.

6 Get a recap

Before leaving your appointment, ask for a recap. "Ask the doctor to repeat the instructions you're supposed to follow," Dr Joynt advises, "and make sure you're both on the same page. Write things down, so you can remember what you talked about after the appointment."

Finally, be sure you know how to contact your doctor's office if you have further questions. How are you supposed to let them know if the treatment is – or isn't – working? How do you get in touch with someone?





How Hospitals Make The Grade

What really counts when you're seeking the best care? Read on...

All hospitals are not created equal. According to an American study, patients in lower-rated hospitals had a 72% greater chance of dying and an 80% greater chance of experiencing a hospital-acquired complication than those in higher-rated hospitals.

You don't need to travel to one of the top hospitals in the nation to receive quality care. But you should consider several important factors when choosing among the hospitals in your area.

Collect Data

Clearly, more data can help you in your efforts to choose the best hospital for your needs. But which numbers really matter?

- ▶ Death and complication rates – the lower the better – are important to consider. But keep in mind that statistics can be misleading. Some of the best hospitals have high mortality and complication rates, not because of medical errors and safety issues, but because they take on the sickest and most difficult-to-treat patients.
- ▶ Other statistics, such as nurse-to-patient ratio (six to 10 patients for every nurse is

considered ideal) and rates of hospital-acquired infections (which should be zero or near zero), offer simpler barometers of patient care.

- ▶ Good hospitals will also make their ratings and statistics on complications, infections, staffing, and mortality accessible to the public on the hospital's own website or through a simple phone call. Be sure to get data on the specific treatment that is relevant to you. If you need coronary artery bypass grafting surgery, for instance, ask about the survival and complication rates associated with that procedure.

Gather Information About Reputation

Statistics are really just one part of the equation, though.

Reputation – what other doctors and patients have to say about a hospital – is a very important indicator of a good hospital.

- ▶ Hospitals with the best reputations usually have doctors who are active in both the local community and in major research and health organizations.
- ▶ Also key: Schedule a tour of the hospital. Good hospitals will have a system in place to honor this request. What should you look for? Nurses and doctors should be washing their hands or using hand sanitizer twice – before they treat a patient and when they leave the room.

Ask About Setbacks

- ▶ Ask about any recent significant outbreaks. Infections happen even in the best hospitals, but if the staff doesn't know what's in place to prevent them and can't tell you about the facility's procedures for treating and containing them, it's probably a bad sign.
- ▶ Other red flags might include cramped, poorly lit rooms, inconvenient visiting hours,



BECOME AN ACTIVE PART OF YOUR HOSPITAL HEALTHCARE TEAM

- ▶ Have a friend or family member with you, if possible. You may be too sick to be fully aware of your surroundings, and two pairs of eyes and ears are always better than one.
- ▶ If something doesn't seem right – a nurse or doctor is about to change your intravenous (IV) without washing his or her hands, for instance – speak up.
- ▶ To help prevent errors, make sure the doctors and nurses say your full name before administering a drug or treatment.
- ▶ Ask what your treatment plan is for the day. You and the staff should have a clear idea of what's in store for you.

messy and cluttered hallways, excessive noise, unpleasant odours, and nurses and orderlies who seem hurried and stressed-out – a possible indication that a hospital is understaffed.

- ▶ More importantly, be aware of the culture of the hospital. You want to see those 'old-fashioned' traits: A kind and courteous staff that is responsive to the needs of patients and is respectful to each other.

More importantly, be aware of the culture of the hospital.

You want to see those 'old-fashioned' traits: A kind and courteous staff that is responsive to the needs of patients and is respectful to each other.

Finally, as a patient you are one of the key players in hospital safety. The best thing you can do to ensure a safe and successful experience is to become a partner in your own healthcare.





Healthcare Special

LEADERS OF THE PACK

A quick lowdown on the best hospitals in the metros of India – known for their pathbreaking technologies and state-of-the-art medical care.



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AIIMS (ALL INDIA INSTITUTE OF MEDICAL SCIENCE)

Established in 1956, it operates autonomously under the Ministry of Health and Family Welfare. It provides the best healthcare facility in several fields such as cardiology, neurology, gastroenterology, gynaecology and ophthalmology. The hospital has been able to maintain its high standards even while providing medical help to patients at very low costs - at ₹10 at times.

SIR GANGA RAM HOSPITAL

This multi-specialty hospital was founded in 1921 at Lahore, but shifted in Rajinder Nagar, Delhi, after the Partition in 1947.

The funds generated from its services are partially used in providing free healthcare services to the poor and needy. They have committed to make available 20% beds of the total strength for the admission of the financially weaker section of the society.

MEDANTA – THE MEDICITY

Spread across 43 acres in Gurgaon, this multi-specialty medical institute was established in 2009 by cardiac surgeon Dr Naresh Kumar Trehan who is a Padma Shri, Padma Bhushan and Lal Bahadur Shastri National Award winner. One of India's largest medical institutes, it houses 1,250 beds and 350 critical care beds with 45 operation theatres. In 2010, Medanta – The Medicity became the first hospital in the country to offer robotic surgeries for cardiology, urology and gynaecology.

RAM MANOHAR LOHIA HOSPITAL

Formerly known as Willingdon Hospital, Ram Manohar Lohia was originally founded in the early 20th century by the British for their government staff. In 1954, the control of the hospital was transferred to the Central Government's Ministry of Health and Family Welfare.

It is one of the most prestigious Central Government hospitals because of its location, a 71-bed nursing home for Central Government Health Scheme beneficiaries, and extensive subspecialty care.

APOLLO HOSPITALS

Founded in 1983 by Dr Prathap C Reddy, based in Chennai, this hospital chain has now grown in Sri Lanka, Bangladesh, Ghana, Nigeria, Mauritius, Qatar, Oman and Kuwait. Apollo Hospitals brought game-changing developments in healthcare by bringing to the people, the latest innovations in key medical specialties and super-specialties on par with the West.

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With its headquarters in New Delhi, Fortis caters to most of the states in the country and in Dubai, Mauritius and Sri Lanka as well. Founded in 2001 by Malvinder Mohan Singh and Shivinder Mohan Singh, the super specialty chain of hospitals has 260 diagnostic centres.

MEETA MISHRA



NICHE HOSPITALS

FORTIS ESCORTS HEART INSTITUTE

Established in 1988, Escorts celebrated 25 years of cardiac excellence in 2013. Fortis Healthcare, led by Dr Parvinder Singh, whose vision was to create an integrated healthcare delivery system in India, acquired Escorts Heart Institute and Research Centre Ltd in 2005. Recognized as a centre for providing the latest technology in cardiac bypass surgery, interventional cardiology, non-invasive cardiology, paediatric cardiology and paediatric cardiac surgery, in the world, the hospital is backed by some of the most advanced laboratories.

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Major H P S Ahluwalia has been the Founder and Chairman of ISIC since 1995. Located in Vasant Kunj, New Delhi, ISIC is the most advanced spine, orthopaedic and neuromuscular surgical centre in India. It provides state-of-the-art facilities for the management of all types of spinal ailments.





Mumbai

BOMBAY HOSPITAL

Established in 1952, the Bombay Hospital was the result of the enormous philanthropy displayed by Rameshwardas Birla, Founder-Chairman of the Bombay Hospital Trust.

With four buildings spread over 5,00,000 sq ft built up area, the hospital presently ranks among the finest multi-specialty tertiary level medical centers in the country. It has an internationally renowned panel of doctors and consultants in every field of specialization. The hospital is equipped with a total of 725 beds, 141 critical care and recovery area beds and 24 operation theatres.

JASLOK HOSPITAL

Jaslok Hospital was set up in 1973 by founders, Jasoti and Lokoomal Chanrai, who wanted to provide the best possible medical care using state-of-the-art technology to every single patient, irrespective of their social background or financial capability. Anesthesiology, assisted reproduction and genetics, cardiology, cardiovascular and thoracic surgery are some of the branches in which the hospital specialises.

LILAVATI HOSPITAL AND RESEARCH CENTRE

Lilavati Hospital and Research Centre is run and managed by the public charitable trust - Lilavati Kirtilal Mehta Medical

Trust - which was formed in 1978. It is a premier multi-specialty tertiary care hospital and has been acknowledged globally as a centre of medical excellence. The hospital includes 314 beds with one of the largest Intensive Care Units (ICUs), most advanced 12 operation theatres, more than 300 consultants and a manpower of nearly 1,800 people.

KOKILABEN DHIRUBHAI AMBANI HOSPITAL & MEDICAL RESEARCH INSTITUTE

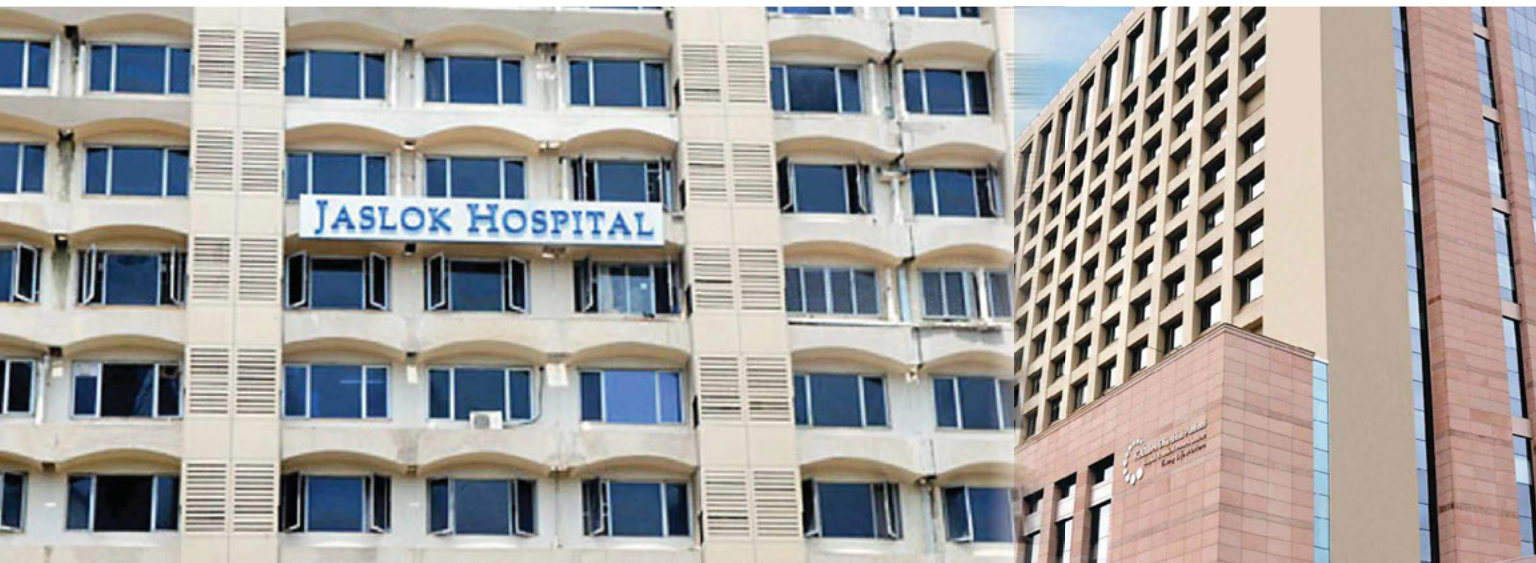
As the flagship social initiative of the Reliance Group, headed by Anil Dhirubhai Ambani, the hospital is designed to raise India's global standing as a healthcare hub, with emphasis on excellence in clinical services, diagnostic facilities and research.

It offers 24-hour accident and emergency centre, 180 critical care beds, 21 operating theatres, the largest dialysis centre in Mumbai, and 56 patient relative accommodation rooms.

WOCKHARDT HOSPITAL

Wockhardt has become a leading health service provider with its strong presence in the Western parts of the country - Mumbai, Nagpur, Rajkot, Nashik, Goa and Surat.

This group of nine hospitals fulfills the need of the



community in its chosen field of super specialty like cardiology, orthopaedics, neurology, gastroenterology, urology, aesthetics and minimal access surgery.

With state-of-the-art multi-disciplinary technology and world-class infrastructure, the hospital has also become a destination for international patients.

P D HINDUJA HOSPITAL & MEDICAL RESEARCH CENTRE

P D Hinduja Hospital & Medical Research Centre was established in the early 1950s under the leadership of late philanthropist PD Hinduja.

The ultramodern-tertiary care hospital has world-class healthcare treatments and services with over 400 beds. It also has over 48 specialties including cardiology, dermatology, pediatrics, plastic surgery and nuclear medicine, to name a few.

BREACH CANDY HOSPITAL

Breach Candy Hospital is renowned for its medical expertise, excellent nursing care and quality diagnostics for over 50 years. Many procedures in routine use including coronary angioplasty, magnetic resonance imaging, critical care ICU and hysteroscopy were first performed here.

AISHWARYA P. VAIDYA

NICHE HOSPITALS

THE TATA MEMORIAL CENTRE

Is the national comprehensive cancer centre for the prevention, treatment, education and research in cancer, and is recognized as one of the leading cancer centres in this part of the world.

ASIAN HEART INSTITUTE (AHI)

A dream of leading cardiac specialists of Mumbai, led by Dr Ramakanta Panda, AHI was set up with a holistic approach to heart care. It prides itself on quality in terms of design, patient care, medical, paramedical, general staff and infrastructure facilities. AHI has a staggering success rate of 99.3% in bypass surgeries and an overall 99.83% in cardiac surgeries, which is among the highest in the world.





Chennai

CHENNAI'S KAUVERY HOSPITAL

Headed by Dr Aravindan Selvaraj, it is a highly reputed multi-specialty hospital with personalized care and affordable cost in cardiology, orthopaedics, critical care, vascular surgery, neurosciences, diabetology, urology, geriatrics and more, set against the plush and state-of-the-art infrastructure in its premises in Alwarpet.

CHENNAI MEENAKSHI MULTI-SPECIALTY HOSPITAL LIMITED (CMMH)

CMMH is a 100-bed hospital located in Mylapore, headed by Dr V Krishnamurthy, an eminent rheumatologist. It is also known for its expeditious response and quality care at affordable cost. Cardiology, cosmetic and plastic surgery, neurology and orthopaedics are some of the branches of healthcare in which the hospital deals.

VIJAYA HOSPITAL

Vijaya Hospital is one of the pioneers in private healthcare in the country. The trust was formed by B Nagi Reddy, a recipient of the Dada Saheb Phalke award.

The centre has performed more than 13,000 beating heart surgeries (bypass performed while the heart is beating), which it specializes in. It is one of the leading centers in beating heart surgeries in India. It has also performed more than 50,000 angio procedures.

MIOT INTERNATIONAL

Founded in 1999, by Padmashri Prof Dr PVA Mohandas, MIOT is a premier 1,000-bed multi-specialty hospital with the latest in medical technologies and minimally invasive treatments. Consistently adjudged as a leader in healthcare, MIOT attracts patients from all over the country.

CSS LATHA

NICHE HOSPITALS

SRISHANKARA NETHRALAYA

Founded in 1976, it has grown into a super specialty institution for ophthalmic care and receives patients from all over the country and abroad.

ADYAR CANCER INSTITUTE

A cancer specialty hospital in Chennai, founded by Dr Muthulakshmi Reddy in 1954, Adyar has been rated by

the World Health Organization as a top ranking centre in the country. It has a hospital, a research centre, a centre of preventive oncology, and a college of oncology sciences.

FRONTIER LIFELINE HOSPITAL

Frontier Lifeline Hospital (Dr K M Cherian Heart Foundation) is a 120-bed cardiac specialty hospital which provides world-class cardiac care to adult and pediatric patients from India and abroad.



Hyderabad

KAMINENI HOSPITALS

Kamineni Group, set up by entrepreneur and philanthropist Kamineni Suryanarayana, is a family run entrepreneurship, envisioned to establish a super specialty hospital, with state-of-the-art medical care available for people across all strata.

YASHODA GROUP OF HOSPITALS

A reputed industrialist and technocrat, G Ravender Rao along with his younger brothers Dr G Surender Rao and G Devender Rao, established the Yashoda Group of Hospitals.

The hospital provides high quality facilities and medical treatments for heart care, nephrology, neurosciences and orthopaedics among others.

KIMS HOSPITALS

This 1,800-bed multi-specialty hospital is the largest corporate healthcare group in Telangana and Andhra Pradesh operating with five successful, fully independent hospitals. KIMS Hospitals treats more than three lakh people annually.



GLOBAL HOSPITALS GROUP

Global Hospitals Group is one of India's most renowned healthcare service providers, offering cutting-edge research and treatment in different medical areas.

A 2,000-bed multi super specialty tertiary care facility spread across Hyderabad, Chennai, Bangalore and Mumbai, the group is a pioneer in multi-organ transplants including kidneys, liver, heart and lung.

NANDINI R PENNA





Kolkata

IPGMER AND SSKM HOSPITAL

The Government-owned super specialty hospital, Institute of Post-Graduate Medical Education and Research and Seth Sukhlal Karnani Memorial Hospital, colloquially known as P G Hospital (Presidency General Hospital) or SSKM Hospital, is one of the premier medical institutes in the state.

It specializes in ophthalmology, cardiology, nephrology and endocrinology among other healthcare streams.

APOLLO GLENEAGLES HOSPITALS

This 610-bed hospital is a joint venture of the Apollo Group of Hospitals, India, and Parkway Health of Singapore.

It is the only hospital in Eastern India to be accredited with Joint Commission International (JCI) accreditation, the international benchmark for quality. It is also the only hospital to receive NABH (National Accreditation Board For Hospitals and Healthcare Providers) certification in six separate categories namely clinical biochemistry, clinical pathology, haematology and immunohaematology, microbiology and serology, histopathology and cytopathology.

MEDICA SUPERSPECIALTY HOSPITAL

This NABH accredited, 500-bed hospital has a 24x7 Emergency Support in Kolkata. As a unit of Medica Synergie Pvt Ltd, it is one of the largest integrated

healthcare providers in Eastern India, committed to provide healthcare at an affordable cost.

COLUMBIA ASIA HOSPITAL

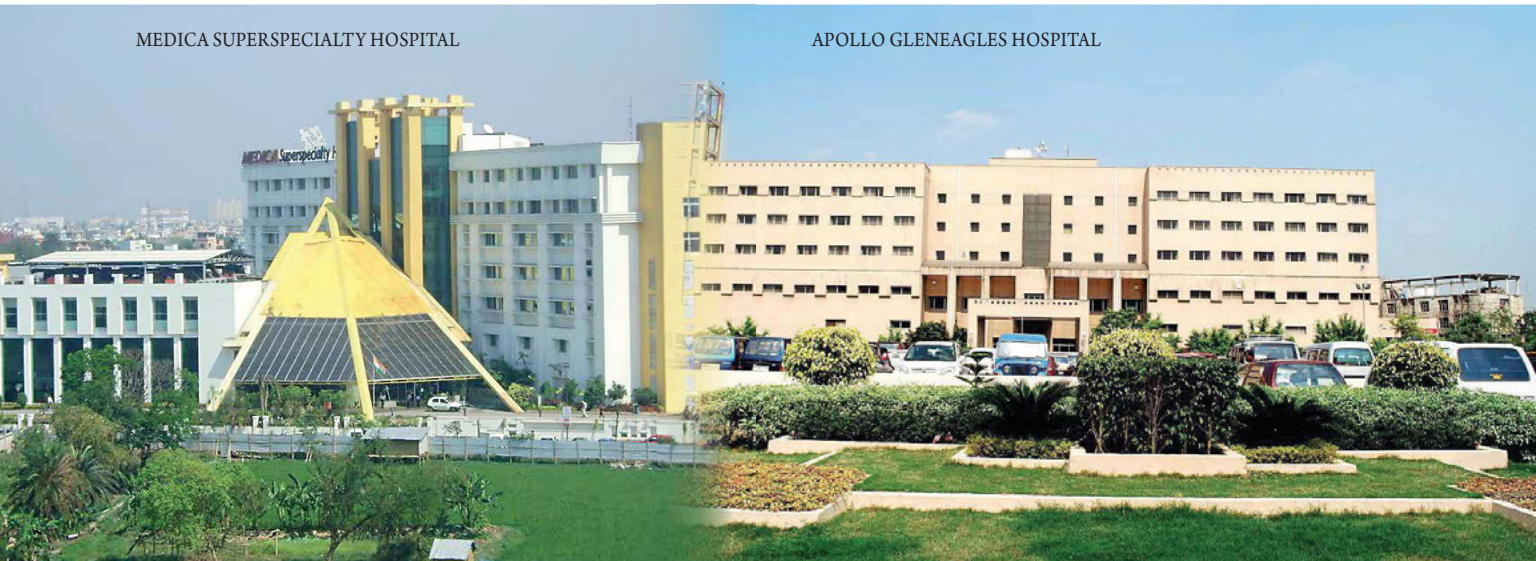
Columbia Asia is a multi-specialty facility hospital located in the upmarket Salt Lake locality of Kolkata.



The 100-bed hospital is well-equipped with operating theatres, dialysis centre, advanced digital catheterization lab, chemotherapy units, telemedicine and teleradiology facilities. It is a one-stop destination offering a wide spectrum of clinical services including obstetrics and gynaecology, internal medicine, cardiology, gastroenterology, orthopedics, plastic surgery and much more.

SUDESHNA CHAKRAVARTY

MEDICA SUPERSPECIALTY HOSPITAL



APOLLO GLENEAGLES HOSPITAL



Fitness



Get Deepika Padukone-like sexy shoulders...

The secret behind Varun Dhawan's eight-pack abs...

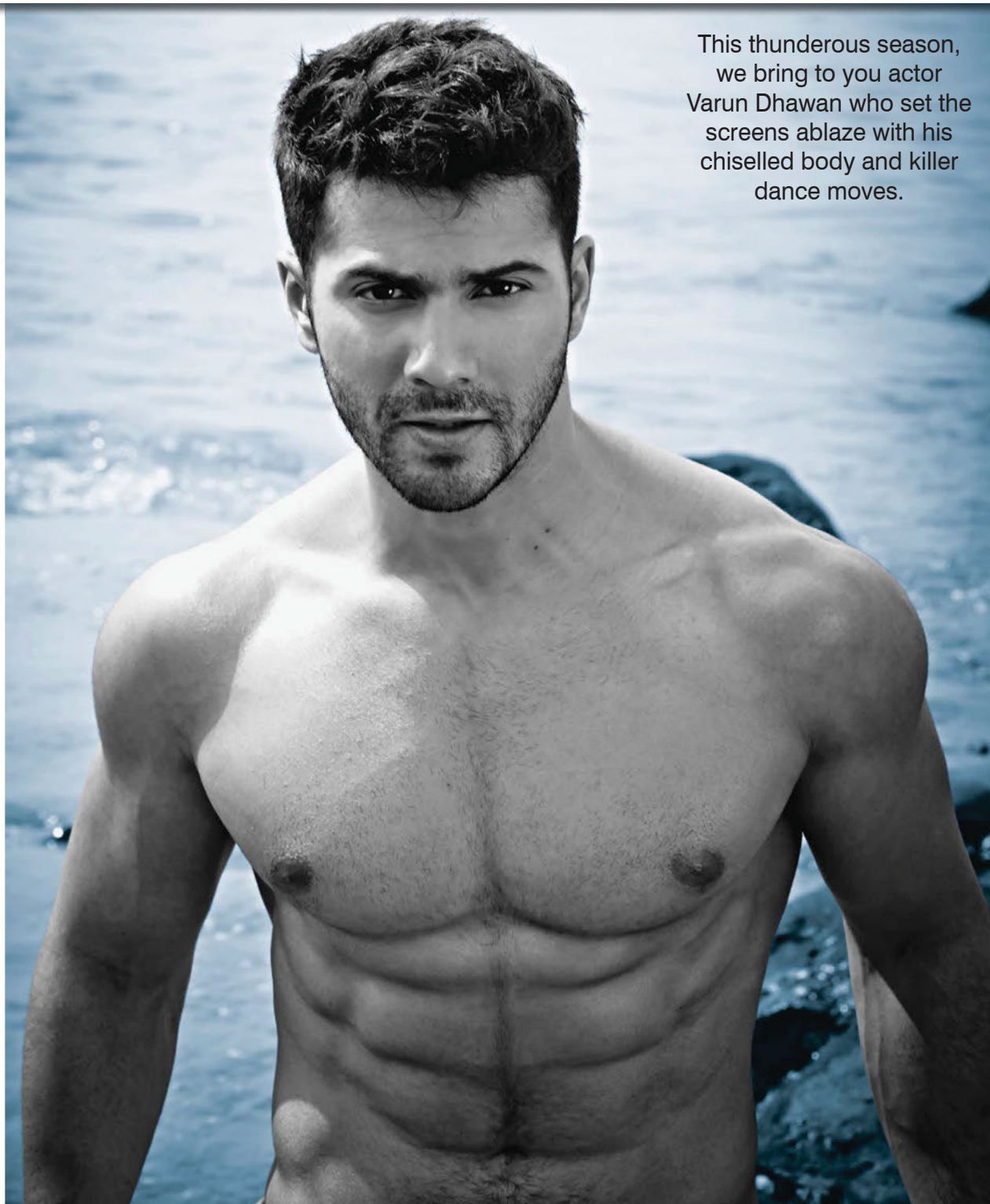
Exercise routines for the sportsman in you...

Home workouts for rainy days...

Flip through for a fitter you!

BLAZING HOT!

This thunderous season, we bring to you actor Varun Dhawan who set the screens ablaze with his chiselled body and killer dance moves.



It would be an understatement to say Varun Dhawan is sexy. He has maintained an almost impossible level of fitness throughout his films. A true blue 'hero' material, Varun makes it hard for the opposite sex to shift their gaze.

Here, Prashant Sawant – Varun's personal trainer – who stood by him from the beginning of his career and strategized his every move, tells us how Varun stays ripped.

BUILDING BLOCKS

Says Prashant, "When Varun first came to me for 'Student Of The Year', he already had a structure in place, but there was something lacking which made him get lost in the crowd. He needed an edge."

In the film, Varun had a scene where he had to emerge out of a swimming pool in barely-there briefs. For that, he needed to have a great body that would make girls go 'oh-la-la!' And so he did. He worked out for an hour everyday combining a lot of cardio with weight training. And to shake things up a bit, he indulged in yoga and TRX (Total Resistance Exercise) workouts.

Prashant's wife, Maya, a sports nutritionist, worked by his side to help Varun plan his daily diet. She designed a high protein, low carb meal for Varun along with the basic supplements ranging from protein, BCAA (Branched Chain Amino Acids) and the like. An ardent chicken fan, most of Varun's protein intake was from chicken. And Prashant teased him saying, "*Tereko dekh kar murgi bhagti rahegi* (Hens would be running for cover when they see you coming)."

As Varun went on to create waves in the entertainment industry with his acting capabilities, his women fan following went up by thousands each time he took off his shirt – next in 'Badlapur' and 'Main Tera Hero'. And to everyone's surprise, his body kept getting better every time he stripped.

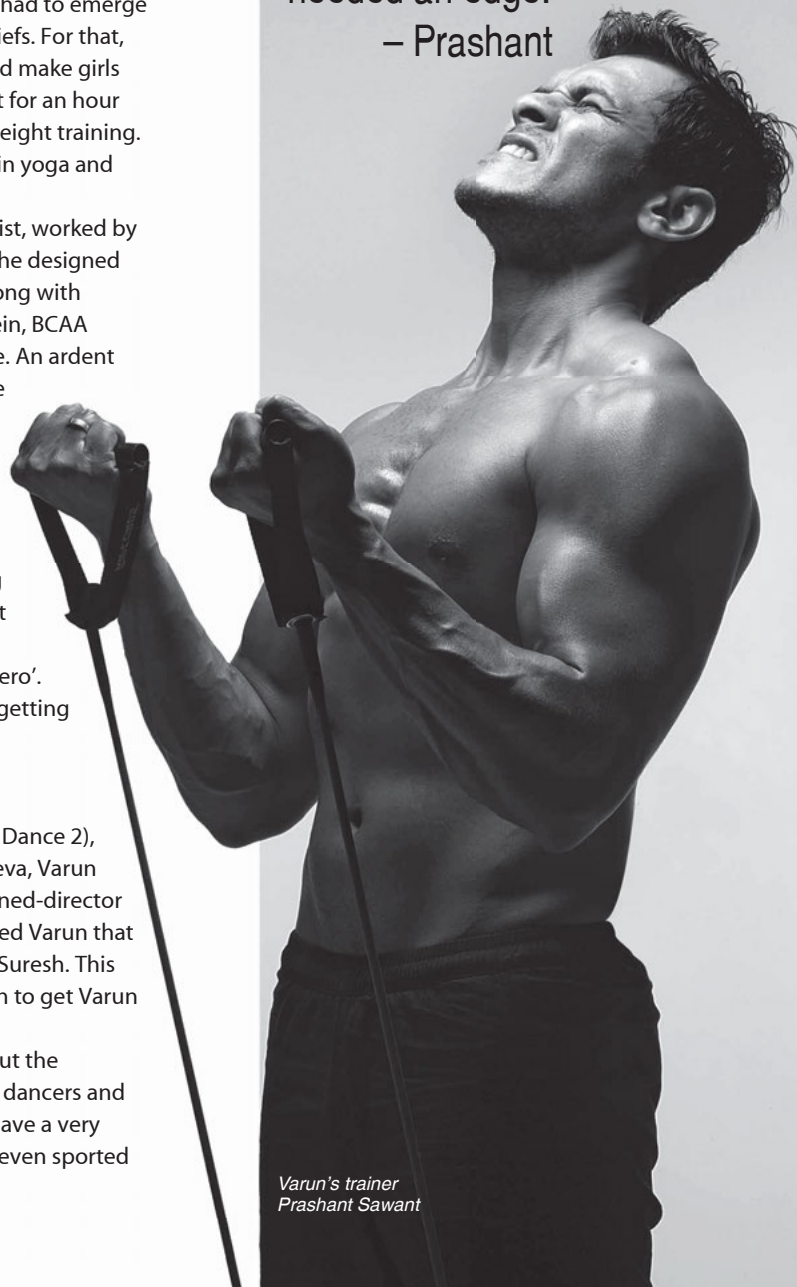
NEW CHALLENGES

In his latest movie 'ABCD2' (Any Body Can Dance 2), alongside Shraddha Kapoor and Prabhudeva, Varun played a dancer's role. Choreographer-turned-director Remo D'souza, who made the film, informed Varun that he would need a lean body for the role of Suresh. This meant, Prashant had to do a lot of research to get Varun the desired look.


Says Prashant, "When I got to know about the requirements, I started my research about dancers and their fitness. I realized that most dancers have a very raw body, which was basically lean. Many even sported

"When Varun first came to me for 'Student Of The Year', he already had a structure in place, but there was something lacking which made him get lost in the crowd. He needed an edge."

– Prashant



Varun's trainer
Prashant Sawant



“Varun worked out every single day to get it right. His normal workout session would last about 1 to 1½ hours.”

a six-pack abs without really concentrating much on achieving it. Their fitness was more functional, than vanity-based.”

We asked him if he found anything amusing in his research, and he says, “When I went to meet a few dancers, they had *vada pav* in their hands or some other junk food like that, yet they had a super fit body with abs, and that was surprising. It’s difficult to achieve that level of fitness, but the amount of dancing they did helped them easily burn every inch of unwanted fat.”

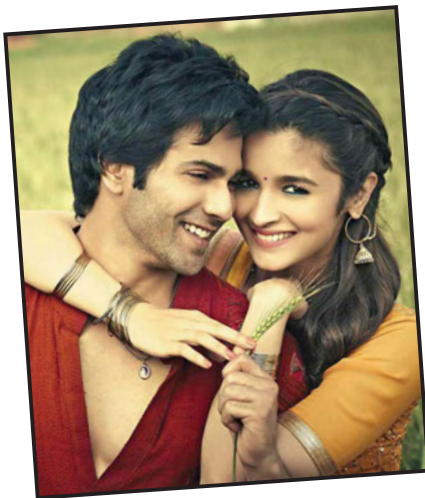
Incidentally, Varun lost a total of six kgs for the film. “Varun was very dedicated to achieve the body he was expected to. And it was very much visible, because he worked out every single day to get it right. His normal workout session would last about 1 to 1½ hours,” says Prashant.



With Shraddha Kapoor in ‘ABCD2’



With Illeana D'Cruze in 'Main Tera Hero'



With Alia Bhatt in 'Humpty Sharma Ki Dulhania'

MAINTAINING THE BUILT

To keep his eight-pack abs intact, Prashant recollects, "Varun would dance for long hours throughout the day, and even after that, he would turn up for his workout routine religiously, at both times, before the shoot as well as after."

But as Varun's hours of dancing increased, Prashant had a new problem to deal with – his fast vanishing muscle mass. Now, he kept his cardio to bare minimum and upped his weight training by a bit to maintain the muscle mass. (Refer to Varun's Instagram video where he's doing a bench press with heavy dumbbells to know what he means.)

As for his diet, Prashant personally monitored it. He says, "Initially, Varun had to maintain a low carb, high protein diet. But when he started shooting, he was put on a high carb and protein diet."

KEEPING TRACK

Next, we ask Prashant how he kept Varun 'motivated' at all times. He replies, "Varun

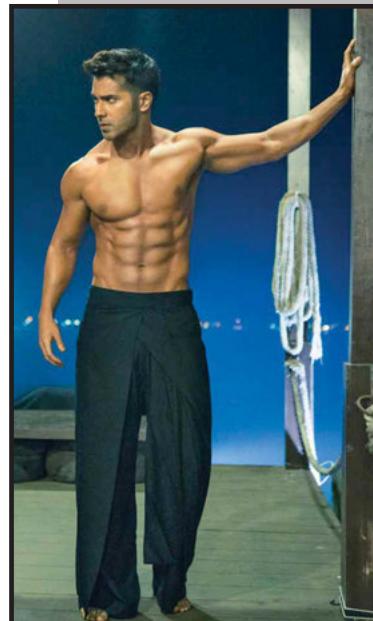
is very self-motivated. He is one of those with very high energy levels. But just so that he doesn't lose his motivation and focus even by a bit, I keep sending him his best pictures, and that really keeps him going and pushing harder."

Prashant reveals that he also uses this as a scare tactic. "I send him pictures of his best looking body and ask him if what he is now matches with it, and he is like, 'Oh! I am coming right now to the gym'."

But as we talk about how hard Varun works out, I wonder if he ever gets time to rest, and it's a well established fact that rest is indeed very important. So, on days Varun says he's tired, Prashant doesn't push him...

As my chat with Prashant comes to an end, I see the amount of work put in to achieve that picture perfect, camera-ready body. A huge round of applause to the young actor and everyone around him who've helped him get that ogle-worthy hot bod!

ARCHANA IYER



A still from 'ABCD2'

"I send him pictures of his best looking body and ask him if what he is now matches with it, and he is like, 'Oh! I am coming right now to the gym'."

– Prashant

WALK OFF THAT BELLY FAT

No need to take that stomach pooch in stride. Here are three road-tested ways to stroll off those pounds.

Sure, you know walking is good exercise. But here's something you might not realize: You can give your waistline (and other body parts) a serious trimming by tweaking that walk around the block. Much of it around the middle, using one of these secret weapons – plyometrics, hills, or intervals. These strategies also strengthen your legs more quickly than plain old walking sessions, so that you could walk longer and faster to burn more calories.

After six weeks of walking four to six times a week, you will feel stronger and look slimmer where it counts.

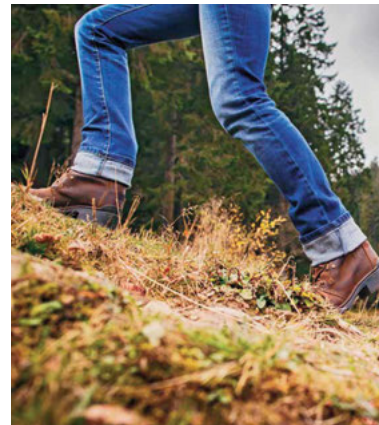


PLYOMETRICS

Adding jumping and skipping moves (called plyometrics) to your walk is a fun way to spike up the intensity. You'll burn up to twice as many calories – and significantly more belly fat – per minute than you would just walking at a moderate pace. These moves vary the walking pattern your body has grown accustomed to, so you engage different muscle fibres. And that helps shape and define your body.

HILLS

To triple the number of calories you burn, go where it's hilly. Walking on the hills can burn tons of calories and fat, so you'll work that stomach pooch off faster than you would on flat terrain. Uphill walks are also great for strengthening and shaping your lower half.



Walk it off even faster!

You can burn 65% more calories simply by cutting your mile-walking time from 17 minutes to 13 minutes – and a strong core can make it easy to walk that distance in less time. Here's a core-strengthening move. Do this exercise two to three times a week.

SIDE PLANK (for core, upper back, shoulders)

✪ Lie on your left side with your body in a straight line from head to toe, right foot on top of the left foot, left forearm on the floor for support, and right arm extended towards the ceiling.

✪ Contract your abs and lift your hips upward; hold 10-30 seconds. Lower, rest a few seconds; then repeat on the right side to complete one rep. Work up to three reps. (To make the move easier, bend your legs.)



INTERVALS

Alternating moderately paced walking with short, faster-paced intervals lets you amp up your walk without tiring yourself out. You'll also dump stomach weight more quickly and torch more calories than you would on a steady-paced walk. By peppering in a 30-minute walk with 10 one-minute speed bursts, for example, you can nearly double your calorie burn.

Shapelier Shoulders

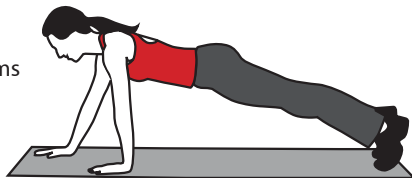
Carry every load with ease – and look great in a halter to boot – with our customized workout to strengthen and tone your shoulders.

If shoulders aren't high on your list of areas to sculpt, they should be. Strong, shapely shoulders make you look slimmer and younger by improving your posture and balancing out your hips and thighs. And since women store less fat above the waist, you'll see results from these three moves in just two weeks.

Plank Walk

► MAIN MOVE

- ◆ Begin in a push-up position, with your arms extended and hands directly beneath your shoulders.
- ◆ Keep your body in line from head to heels. Walk left hand forward one step and follow with the right.
- ◆ Walk back with the left, then the right for one repetition.



► MAKE IT EASIER

Begin on hands and knees instead of toes.

► MAKE IT HARDER

- ◆ Walk hands all the way back towards the feet, rolling up to a standing position (it's okay to bend your knees).
- ◆ Then walk hands forward into plank position.

Workout at a glance

What you need

Three-five-pound dumbbells.

How to do it Do the entire routine two or three times a week on non-consecutive days. Complete two sets of 8 to 12 reps of each move.

Try the 'Main Move' for each exercise first. If it's too difficult, do the 'Make It Easier' variation. Not challenging enough? Try the 'Make It Harder' option.

For quicker results

Do three sets of 12 reps of each exercise. When you can breeze through that, progress to the next level or use heavier weights.

Split Side Raise

► MAIN MOVE

- ◆ Hold a dumbbell in each hand and stand with your left foot about two feet in front of the right, left leg bent slightly.
- ◆ Hinge forward slightly from the hips, arms hanging beneath the shoulders, palms facing back.
- ◆ Without bending the elbow, raise your right arm out to shoulder height, thumb pointing down. Pause, and slowly lower. Switch sides.



► MAKE IT EASIER

- ◆ In starting position, bend your right elbow slightly.
- ◆ Keep your arm bent as you lift and lower. Repeat with the left arm.

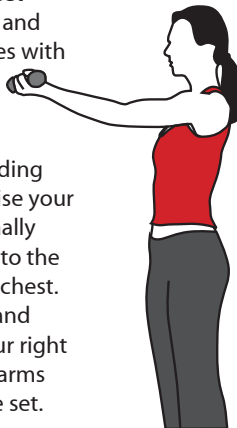
► MAKE IT HARDER

- ◆ After you raise your arm to the side, press the dumbbell behind you so your arm is extended straight back.
- ◆ Reverse the motion, and returning to starting position.

Diagonal Front Lift

► MAIN MOVE

- ◆ Stand with feet hipwidth apart and arms at the sides with a dumbbell in each hand, palms forward.
- ◆ Without bending your elbow, raise your left arm diagonally in front of you, to the middle of your chest. Lower to start and repeat with your right arm. Alternate arms throughout the set.



► MAKE IT EASIER

Hold a single dumbbell in front of the thighs, one hand on each end. Slowly lift the dumbbell to shoulder height. Lower and repeat.

► MAKE IT HARDER

- ◆ Raise both your arms simultaneously, bringing the dumbbells towards each other.
- ◆ At chest height, bend your elbows to 90 degrees with palms facing you. Straighten elbows, pushing the dumbbells up overhead, palms still facing behind. Reverse the motion, returning to starting position.





Shrug It Off

This stretch is designed to wake up stubborn shoulder blades, improving flexibility and reducing the risk of injury.

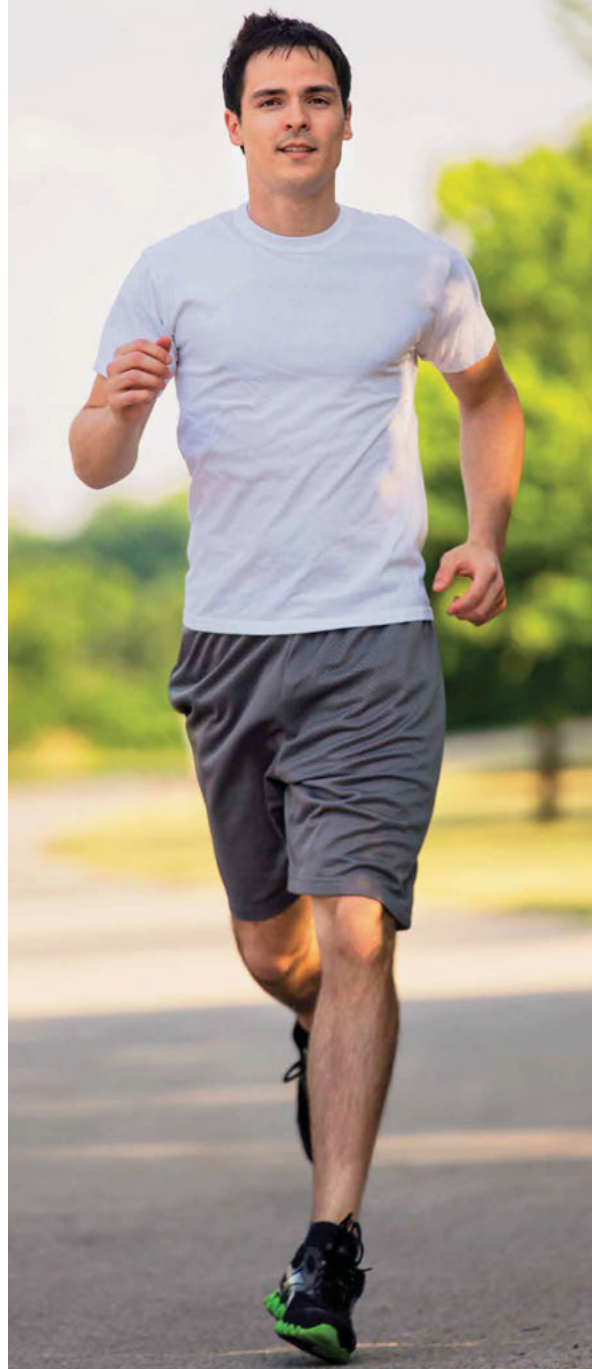
- ◆ Start by slowly raising your hands overhead, arms straight and palms facing forward.
- ◆ As your hands ascend, shrug your shoulders to your ears. This movement causes your shoulder blades to move out and up.
- ◆ Finish by lowering your arms, pinching your shoulder blades in and down.
- ◆ To make it harder, hold a 2½-pound dumbbell in each hand.
- ◆ Do two sets of eight to 12 repetitions.

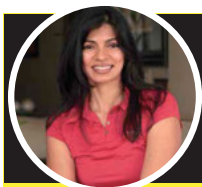
GOOD QUESTION

Will running when my legs are still sore from a workout, hurt my strength gains?

If you're beginning a workout programme, your legs may be sore from new stress. If running is part of your first week's plan, it's fine to work through the soreness; but if you're still hurting after a week, stop running. Instead, rest more between workouts.

That said, long, slow distance runs hurt your strength gains, whether you're sore or not. Sprints and intervals (intense running) complement strength training while improving your cardiovascular health.





Vinata Shetty,
ACE, ACSM Certified,
Reebok Master Trainer
solves your workout
dilemmas

Home Treadmill

**I want to buy a home treadmill.
How can I find one that's good
and affordable?**

R Kulkarni, Baroda

When it comes to home treadmills, there are several options available. It all depends on your budget and the one that provides the best value for the price.

◆ Things to look out for are: Availability of spare parts, service, warranty, maintenance etc.

◆ A good brand generally would be

better at the above.

◆ You could also get lucky with a second hand model with more workout setting options, smoother run surface etc, at the price of a brand new older model with less features.

◆ Shop

around at different sports stores before picking one that you like.



Eating, More or Less

What if you're not hungry enough to eat several small meals a day to keep your metabolism up?

Here are the rules of weight loss:

◆ Don't skip meals.

◆ Rely on healthy snacks to bridge the gaps between meals (which may mean eating five or six times a day).

◆ And – this is crucial – obey your body's signals of hunger and fullness.

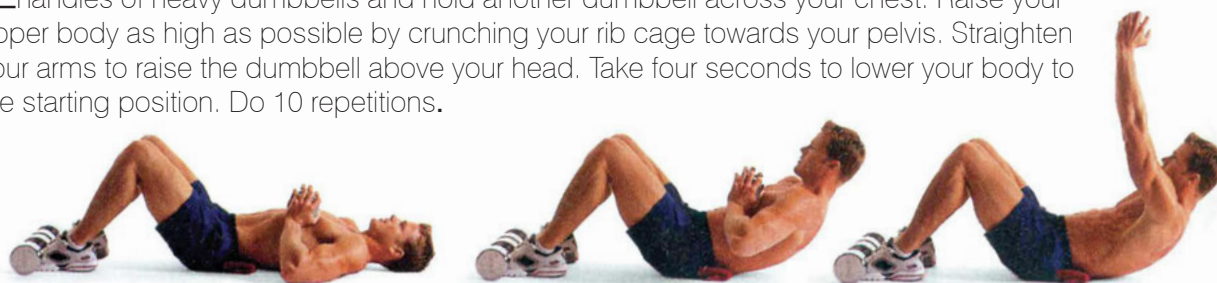
◆ The key is to avoid overeating, not to log a certain number of meals.



EXERCISE OF THE MONTH

Sicilian Crunch: To build upper abs

lie on the floor with a rolled-up towel under your lower back. Slide your feet under the handles of heavy dumbbells and hold another dumbbell across your chest. Raise your upper body as high as possible by crunching your rib cage towards your pelvis. Straighten your arms to raise the dumbbell above your head. Take four seconds to lower your body to the starting position. Do 10 repetitions.





■ **Rain Fit**

INDOOR WORKOUTS

Don't let the drizzle discourage you from working out. Burn calories and tone up with our home exercises that will have you sweating it out – inside.

Dance your way to good health

After the scorching summer, there's nothing as welcome as the rain. But if you are among those who like to walk, jog, swim or hit the gym as part of your fitness regime, the rains may put a dampener on your exercise goals...

Below is a compilation of fun and easy workouts that can be done indoors.

Get started!

WARM UP

Warming up is one of the key things to keep in mind before starting any workout. This helps you prepare your body for the exercise, reducing the chance of an injury. It increases the blood flow to the muscles which loosen up.

Warming up session includes stretching, skipping or jumping jacks. The intensity of this activity should cause perspiration but not fatigue. A 10-minute warm-up is advisable.

DANCE

Everybody loves music; just turn on the stereo and let go. Dancing can help you stay fit while being at home. And

since you are at home, you can dance the way you want, without being laughed at! Dancing is also a form of cardiovascular activity that helps your body stretch and also burn those extra calories. This is one of the best alternatives to walking.

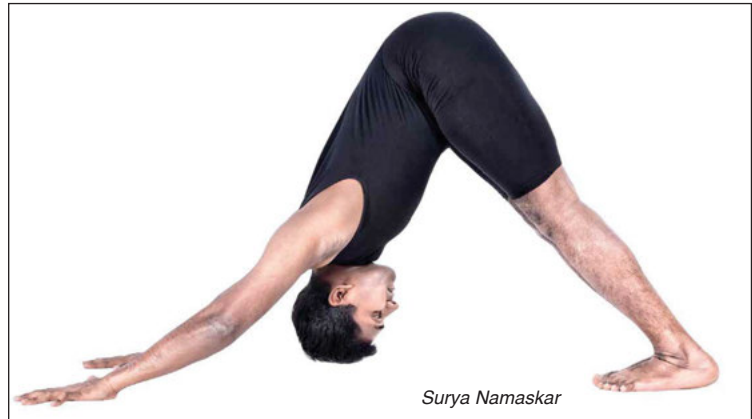
CLIMB STAIRS

Walk up and down the stairs for at least 15-20 minutes every day. This is one of the simplest ways to burn calories.

SURYA NAMASKAR

This yoga pose involves stretching, which is important before doing any kind of strenuous activity and helps avoid muscle cramps and pains in this season.

Performing *Surya Namaskar* (five times) before starting your day is a great way to tone up, and targets almost all the parts of the body.



Surya Namaskar

FREE SQUATS

Stand with your feet hip/ shoulder-width apart and your toes slightly pointing out. Now bring your hips down keeping your back straight - like you are sitting on a chair. The idea is to get your hips and thighs at a right angle. Bring your body back to starting position. Do this 10-15 times, rest and then repeat - a great workout for your lower body.

PLANK

Get into a push-up position, bend your elbows and hold the position. Stay in it for 30-60 seconds. This exercise is a bit challenging but is great for toning your core areas like the abs and back.

COOL DOWN

Cooling down post a workout is as important as warming up. The idea is to bring the body back to a relaxed state and the heart rate back to normal, gradually and not suddenly. Stretching and deep breathing are good cooling down workouts.

ALTHEA SHAH

Fitness Expert and VP Marketing,
Gold's Gym India



Plank

GAME PLAN

Get an edge on your competition – in whatever sport you play
– with these performance-enhancing lifts.

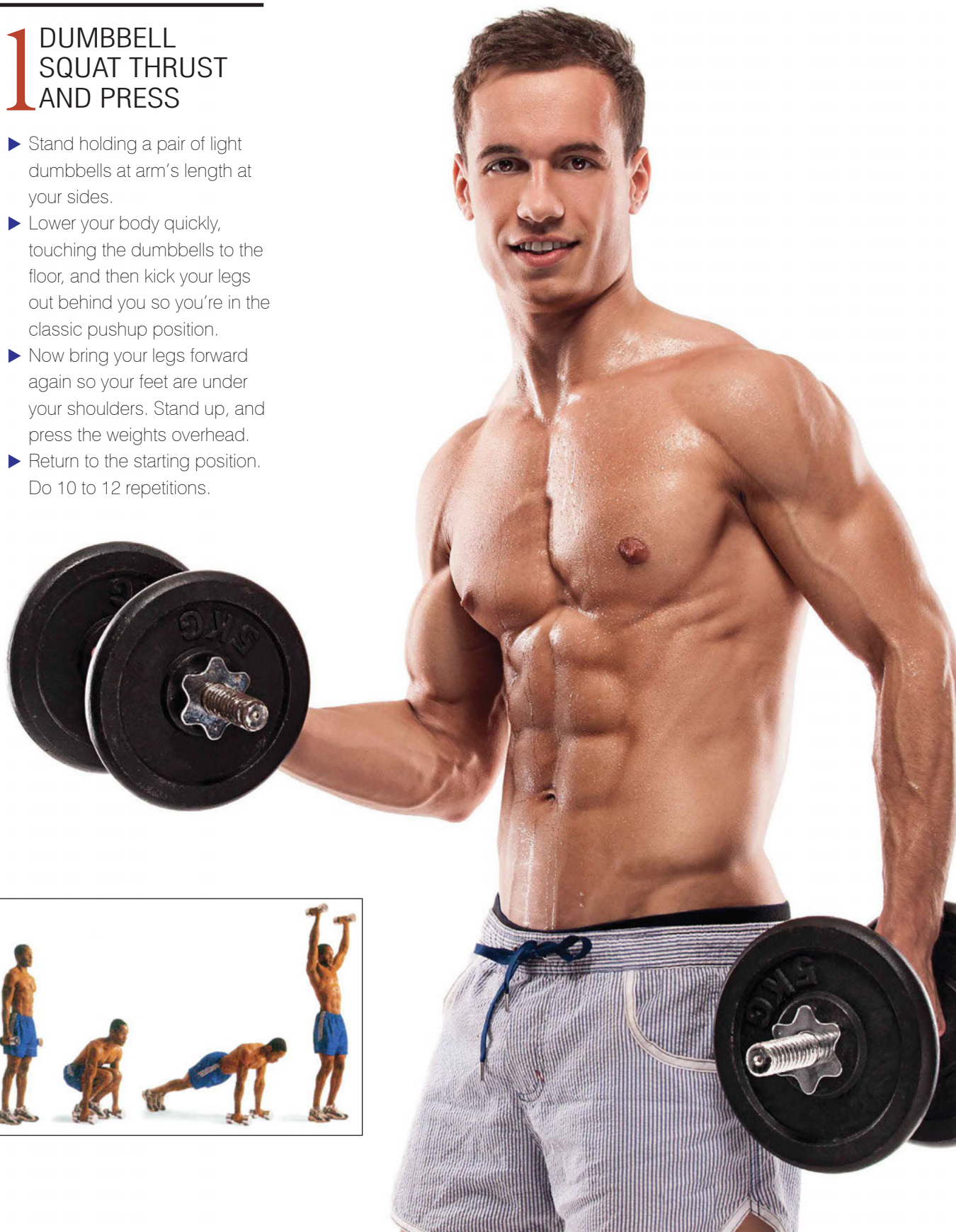
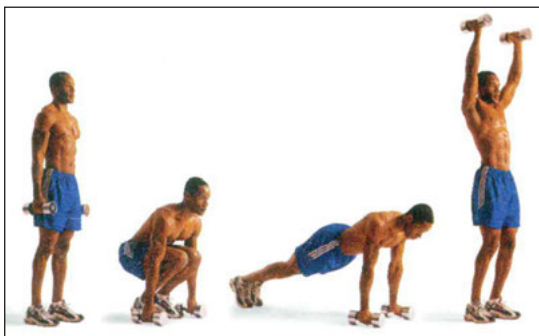
Play big, no matter what your sport is. Smart weight training for sports means working several muscles at a time, instead of training them individually.

Here are some weight-room moves that will help you build muscle, burn fat, and improve your athletic performance. Do two or three sets of each exercise, and rest 60 seconds between sets.



1 DUMBBELL SQUAT THRUST AND PRESS

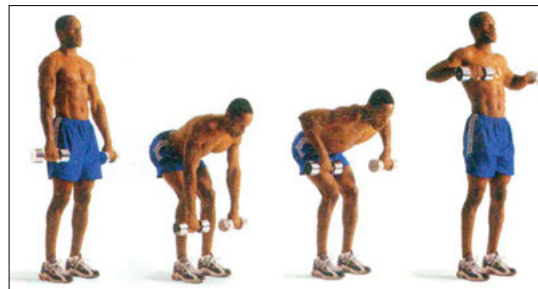
- ▶ Stand holding a pair of light dumbbells at arm's length at your sides.
- ▶ Lower your body quickly, touching the dumbbells to the floor, and then kick your legs out behind you so you're in the classic pushup position.
- ▶ Now bring your legs forward again so your feet are under your shoulders. Stand up, and press the weights overhead.
- ▶ Return to the starting position. Do 10 to 12 repetitions.





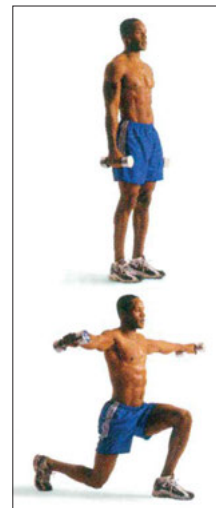
2 BENT-OVER ROW WITH BACK EXTENSION

- ▶ Stand with your knees unlocked and hold a pair of dumbbells at arm's length with your palms facing behind you.
- ▶ Bend forward at the hips until your torso is almost parallel to the floor and the weights are hanging directly beneath your shoulders.
- ▶ Pull the dumbbells up until your elbows pass your torso.
- ▶ Keep your arms stationary as you return to the standing position. Then lower your arms and repeat. Do eight to 10 repetitions.



3 DUMBBELL LUNGE WITH LATERAL RAISE

- ▶ Stand holding a pair of dumbbells at your sides. Take a large step forward with one foot as you raise your arms out to the sides.
- ▶ Once your front knee is at a 90-degree angle (over your toes) and your arms are parallel to the floor, lower the weights as you push yourself back to the starting position.
- ▶ Repeat the move, this time lunging forward with the opposite leg. Do five or six repetitions with each leg.





MIRACLES OF NUMEROLOGY

The only numerologist to have predicted every political outcome, since 2001. On 15th Jan, 2015 Sandhya Mehhta received a new title as an award, 'Glory of India, by former deputy Prime Minister of Thailand, In Bangkok for her achievements and services to the nation and its people.

“ I am not god; I just understand my field of work and use it to help people, guide them and provide them with some efficient ways to be happy, peaceful, ever-glorious and a good part of our society & I continue to achieve results with all my clients. ”

SANDHYA MEHHTA

Sandhya Mehhta, the ace Numerologist and Vastu expert is now a worldwide brand. With unmatched knowledge and expertise, with her wisdom and its applications she has advanced the world of numerological sciences with researches in this field. These advances have helped her to help every human soul in return, to guide them to their enchanting dreams, gain power over their fortunes and to come alive.

With an aura of bright lights and her charismatic personality, she has achieved of what many dream. She is in the field for more than twenty five years, and in this journey has helped and exchanged energies and ideas, guided people to lead better lives, has received dozens of honours and recognitions, like 'The Nari Ratna award, Indira Gandhi Priyadarshani Award, Rastriya Ratan award, Mahila Shiromani award, 4p Brand recognitions, titled 'The Indian Nostradamus', 'The Global Indian Leaders excellence award and many more such appreciations.

Numerology is the most accurate predictive science, and has evolved from the ages of people counting stars as numerical references to today where we add up all the calculations and we have an outcome that guides you to the events in your life, and stay prepared for them. It just does not give you knowledge, it empowers you to plan, sketch your future, grow as a person, rise and shine.

"To a person who seeks success, my system will bring success, happiness and prosperity. And to those who are already successful it will bring sustainability, positive reinforcements, further success and an introduce to a new and higher perspective and lifestyle."

The Journey to my methods

"I am someone who has evolved, and with every step of my life have just tried to be better in what I love, I don't just predict your future, I communicate, consult and help you

empower your energies."

Every person is having an energy, a combination of them, and each combination is different, hence they have only certain types of energy and lack the other ones. This is what makes us human, that we can't be perfect but we have to strive to be. My exclusive research and study of missing numbers in your birth graph helps me to determine what are the strong energies that I can see in you and uplift the missing energies to suit to your dreams and ambitions. With my years of research and positive successes, I help these missing energies in your graph. Its like providing nutrition to a body, by way of simple remedies and self improvement tools that I have developed by myself.

My advice

"Knowledge empowers you, and there is nothing more powerful than to understand yourself, your potentials, what holds you back, what drives you forward." I provide you this knowledge about yourself, though numerology. Knowledge about finances, career, turnaround years, lucky dates, months, years, things that help you have a strong backup plan for everything in life. "No mantra, fasting, name changes singularly guarantees you anything. Ultimately its you who

has to foresee the future, and I help you to do so."

The curious case of 4 & 8

"In my research, nearly 70% people are connected to these numbers. And once you enter the circle, these numbers will keep you in their loop for generations."

One usually guards themselves because we have all heard a lot about disappointments and delays, sorrows and hardships of 4 & 8 and even 7. But I see them powerful steroids, to be handled carefully, and with the help of my numerology you may be closer to understand how to deal with 4 & 8 in your life. Then channelize it to positive planning and maximise your fortune's profits. Feel blessed if you belong to them, we will empower your life and, learn through 4 & 8 and reap more fruits of your hard work than you would have previously did.

Is life simpler without 4 & 8: The other side of the story.

Individually every number has its massive merits but if it doesn't get the support of your fadic/ destiny number it cannot do much for you. 1, 9, 5 & 3 are very powerful numbers and should get magnanimous success as per individual calculations, but if you are still struggling and have faced

certain problems you should try and understand your state of energies and de tangle the web to create a free way for your future.

"A bright star has its own energy, but lighting a lamp in the dark is much more meaningful." We all are a mix of many numbers, their combinations play us differently and affects us differently. 1, 9, 5 & 3 are very powerful numbers and should get magnanimous success as per individual calculations but we are in the race of ordinary if we just sit back and give up. We have to empower these combinations in our fortune, to achieve what is extraordinary, which makes us exemplary individuals, that help themselves and in addition help their families, society, help someone in need who looks unto you.

"We have seen the sunrise, but to feel the warmth of it we have to wake up every day." And every one of us should strive to be more than what we can be, I do so, so should you. And let My Numerology help you and prepare you for this serene but extraordinary life.

The Success road ahead

There is a Buddhist saying, "You yourself must strive; the Buddha's just point the way

There are no criteria to evaluate what the results of the remedies are; I just believe in helping who believe in the power of universe. If you believe in yourself and the universe let me just show you a direction, you yourself will lead on the right path and achieve the results within no desired time. I have received tremendous positive feedbacks to have faith in the universe myself.



For any further personalized details about yourself or your family, guidelines, numerological analysis of yourself feel free to write in or call up on the following:

Sandhya Mehhta HO: Mumbai: 022-26371670, 71 +91 - 9819921673, +91 9769071673 Delhi: +91-9654483695 Email: contact.yellow soul@gmail.com Website: www.yellow soul.in

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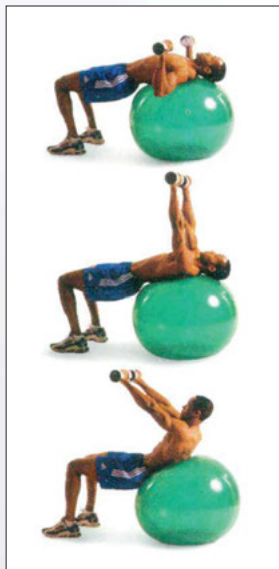
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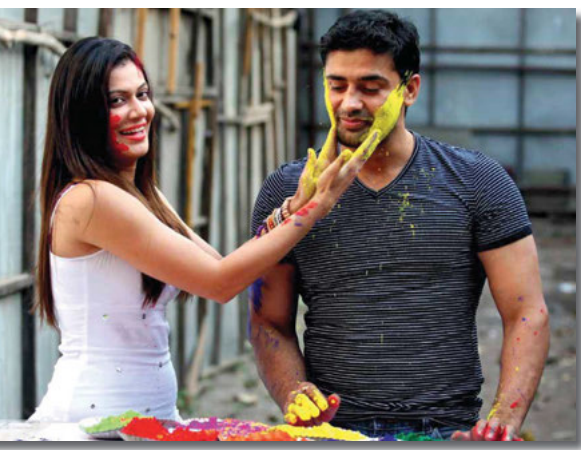
NOTE: We really appreciate your interest in this article and look further to hear from you. Please let someone else read this article after you and kindly do not tear of the page. You can take a note of the contact details and feel free to communicate.

4 SWISS BALL PRESS WITH CRUNCH

- ▶ Lie with your back, shoulders, and head in contact with a Swiss ball and hold a pair of dumbbells (elbows bent) above your shoulders.
- ▶ Press the weights up until your arms are straight. Then do a crunch by lifting your shoulder blades off the ball.
- ▶ Pause, lower your shoulders, then lower the weights. Do eight to 10 repetitions.



Features



A 22-year-old acid attack survivor's heart-wrenching tale...

Actress Evelyn Sharma's irresistible beauty secrets...

Sangram Singh and Payal Rohatgi's relationship mantras...

A guide to stay connected with your children for life...

Browse through for fresh perspectives.



STAY CONNECTED!

To keep your family close knit and strengthen family bonds, start early.



The cable bursts with images of happy families – the unconventional 'Modern Family', the true life memories of the 'Goldbergs' and 'Fresh off the Boat', 'Blackish', 'The Middle', 'Last Man Standing' and more.

You can create yours too. But sometimes it seems that contemporary family life conspires against togetherness and dramatically decreases the amount of time to bring your family together.

Whether your kids are little, away in schools and colleges, or with families of their own, you need to stay connected, by making family life a priority and supporting one another.

Here's how to strengthen family bonds and make sure that your family stays close to you and to one another.

COMMUNICATE

"Each of my three children tell me what they're up to and I tell the other two and their father," preens Shailaja. Good for Shailaja, but not so good for the others. A family needs more flexibility, open lines of communication, where everyone shares tidbits with everyone else.

► Lead the way. When Nikhil comes home from work, he regales his daughters with his day's



Make time, as often as possible, to sit at the same time at the dining table (and this should be at least four times a week) despite conflicting schedules.

happenings, and sometimes with stories from his youth, where he is not always the hero, but the naughty one.

- Be interested in what interests them. For example, even if you think your teen's musical taste is appalling, ask her to explain the lyrics and the beat.
- Ditto for friends, activities, subjects, teachers, jokes, fascinations, hurts, upsets and whatever else colours their lives.
- Allow for negative feelings. If your child says, "I hate you" (and they all do at sometime or the other), instead of hitting the roof, or being devastated, discover the reason behind the angry words.
- Keep in touch even when they're away. I used to tuck a note into my kids' lunch boxes and write best of luck rhymes during their exams, which are still treasured.
- Notes, SMSes and WhatsApps remind the recipient about how much you care. Encourage siblings to do the same.

Fact Studies show that kids from communicative families grow up to

be more confident and are able to express themselves without awkwardness.

EAT DINNER TOGETHER

- Turn off the TV. Douse electronic gadgets. Make time, as often as possible, to sit at the same time at the dining table (and this should be at least four times a week) despite conflicting schedules.
- In case one of you works way beyond a little one's hunger pangs, let him eat first and have dessert while the parents eat.
- It's a sad night for anybody to eat alone in front of the TV, so sit together wherever any family member is eating.
- Sharing news and views is infinitely more interesting than watching a serial!
- Eating together teaches your child better table manners. Nobody can slurp or gulp down mouthfuls while he or she's chatting.

Fact Kids who share dinnertime with their families do better in school, get along better with others and generally do better in life.

BE DEMOCRATIC

Raise your kids to have an opinion and be their own person. Work out deadlines, computer timings, pocket money, tuitions, sports, budgets together. Allow them to dive in with their suggestions for outings and they'll be happy to hang out together.

Let them surf the internet and plan vacations and road trips.

DON'T BE A SLAVE TO YOUR JOB

All work (even if it's just homework) does worse things for a family than make it dull. If you are too busy and



don't prioritise your kids, they'll feel insecure and believe that they're not valuable.

ENJOY ONE ANOTHER

Okay, not when she's put jam on the computer or he's tracked mud on your new carpet.

- ▶ But in general, look pleased to see your kid. Hug, tickle, ruffle, smile, smooch.
- ▶ Revel in insider jokes and nicknames which show that you're part of an exclusive group.
- ▶ Happy families uplift one another. The children are happy to see one another and their parents and vice versa.
- ▶ When you see your kids chat a bit, if you just say 'Hi' and go back to the telly, they won't be delighted to see you either. And this is what leads to putting friends before family and seeking excitement elsewhere.
- ▶ Take a special interest in their activities. Attend your son's art show and your daughter's football match.

Fact Everyone thrives on support and love. Encourage sibling bonding and tell them how lucky they are to have one another.

CREATE RITUALS AND TRADITIONS

Rituals and traditions bind one generation to the next, and are not just for Diwali and Christmas. You need to integrate some family traditions (and create some of your own) into your routine.

For example:

- ▶ "I tell my son a bedtime story on week nights" – Arun D
- ▶ "We have a Sunday game



night, where friends are welcome" – Karan C

- ▶ "Fridays are for a movie or dinner, chosen democratically" – Zareen P
- ▶ "Sundays mean a huge lunch with the grandparents" – Seema V
- ▶ "I take the kids for a swim and breakfast on Saturday mornings" – Dhrur B
- ▶ "Sunday nights are Karaoke nights at home" – Abhay L

Fact Rituals bring you closer as they are repetitive. But don't make them too rigid.

COOK TOGETHER

Cooking can be constructive family fun – try out new recipes or old favourites that have starred in the family for generations.

- ▶ Aashika and Tanishaa painstakingly sifted through, computerized and bound their grandmothers' hand-me-downs into a treasured book. Family recipes connect children to their roots.
- ▶ Sameera makes brownies

"The family that plays together, stays together" is not just a cute rhyme. It's true. Spend a fun evening, once a week, doing something that everyone enjoys.



Praying together passes your convictions to your kids. The prayers can be short and unconventional or totally traditional, to a specific God or to a Universal Force, after which you can hug one another.

from scratch for her grandparents' wedding anniversary.

- ▶ Among lawyer Anil's beloved memories, is helping his mother bake bread when he was six years old. "The aroma titillates through the decades," he salivates.
- ▶ Saturdays can be cooking days; even toddlers can help in stirring and rolling, older ones can create exotic weight-watcher salads.
- ▶ Don't forget to praise and appreciate.

PLAY TOGETHER

"The family that plays together, stays together" is not just a cute rhyme. It's true.

- ▶ Spend a fun evening, once a week, doing something that everyone enjoys.
- ▶ Game nights can feature old favourites like scrabble, Uno, Monopoly, Cluedo, Pictionary, Charades, cards (like Dockey, Go Fish, Rummy), Taboo, the Game of Life, Scatterguns, Boggle Jenga. Or new ones like Fletter, Quelf, Curses.
- ▶ Video games (Mario, Duck Hunt, Contra) are great fun too. Or think physically active games such as tennis, boxing or golf.

- ▶ Instead of ferrying kids out to six or seven activities a week, after school, DIY as a family – swimming, hiking, biking, roller skating, playing a sport.
- ▶ And then there are the road trips. The Mirandes, Fiona and Luis, and their two teens took a road trip from Mumbai to Leh, with stop overs at Bhopal, Sanchi, Stupa, Khajuraho, Jodhpur, Jaisalmer, Pehalgam. What's more, everyone shaved their heads in a show of solidarity with their balding father!

LET THERE BE PEACE

Talk to your kids. Make your rules clear to them in a firm calm tone. Ground them or take away their privileges if necessary, but don't lose control and yell. If you yell, it shows that you're out of control and you create a high level of discordance. Your child is also more likely to disobey.

Unresolved conflict or cold disquiet affects a child's academic progress, creates fear and distrust. So maintain peace and harmony in your home. You'll all feel and act better.

PRAY TOGETHER

Once again, the family that prays together stays together, that age-old adage actually holds good in our times.

Praying together passes your convictions to your kids. The prayers can be short and unconventional or totally traditional, to a specific God or to a Universal Force, after which you can hug one another.

Your children will learn that life's ups 'n' downs can be faced through prayers, which are

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It's great to be a family. It's greater to be a couple. But don't become so swamped in the Mummy-Daddy rules, that you've stopped being a couple who once laughed, had fun and enjoyed each other.

answered perhaps, in other forms. They can acknowledge blessings too.

- ▶ A morning prayer gets you set to face the day.
- ▶ A night prayer induces restful sleep.
- ▶ A prayer before exams or stressful events is soothing.

According to a University of South Virginia Study, prayer helps families get closer, solve disagreements and express love and gratitude to those around them.

PUT YOUR MARRIAGE FIRST

It's great to be a family. It's greater to be a couple. But don't become so swamped in the Mummy-Daddy rules, that you've stopped being a couple who once laughed, had fun and enjoyed each other.

What's more, when kids come first, they become substitute

providers of love which is a rather unfair burden to saddle them with. After all, they'll move on eventually and you'll find yourself drifting apart with nothing to say to each other.

So deepen your bond, not only, for yourself, but for your children's sake. Take time out for yourselves now – a walk, a dinner, a getaway to connect.

Try not to fight in front of the children. While bickering may be inevitable, keep it away from them. If they see you battle, apologize and say: "We're sorry that you saw this. Mom and I had an argument, but everything is all right."

Children flourish on your happy marriage, and are more likely to make happy marriages of their own.

ANNE DE BRAGANCA CUNHA

(The writer is a Mumbai-based counsellor)



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Super Svelte

Actress Evelyn Sharma's fitness and beauty fundas, unplugged!

The gorgeous Evelyn Sharma became popular after her debut in 'Yeh Jawani Hai Deewani.' She was also seen in flicks like 'Yaariyan' and 'Mein Tera Hero'.

The super hot and fit actress reveals her fitness and beauty fundas...

FIT BITS

My fitness regimen: I do yoga almost every morning. I love swimming and hiking for cardio workouts because I find nature the best place to de-stress.

The areas I concentrate on: I like to have a small waistline, as I think a woman looks best with an hour-glass figure.

Fitness tips: Play the kind of sport you enjoy. Having fun while working out will bring in the benefits you desire.

DIET WISE

My diet plan: I start my day by drinking lots of water - it's important to hydrate your body when you wake up. For breakfast, I have fruits and granola, and lunch is lots of veggies and salads. For dinner, I stick to a soup and sandwich. My diet changes according to the roles I play.

Foods I avoid: I stay away from oil and sugar. Luckily, I don't have a sweet tooth and I am not fond of fried foods either.



"I use a salt water spray which gives my straight hair a lovely beachy look. I get a hair spa done once a week to nourish my hair."



My cheat food: A healthy diet has no cheat day. Dessert, once in a while, after a healthy meal keeps me motivated.

SKIN WIN

My skincare routine: Drinking loads of water and eating healthy are the secrets to my glowing skin. Natural products from the kitchen like yoghurt, cucumber and *haldi* are my potions for healthy skin.

Products I swear by: Natural products – ayurveda and cosmetics that are not animal-tested. I am obsessed with making my own skincare products too. I use aloe vera cream daily. It fights every sign of ageing, heals scars and breakouts and improves dark patches. I love natural honey for my lips; besides making them super soft, it also tastes yummy!

Skin problems: I have dry skin. Your skin is your body's biggest organ and you have to hydrate it well. Even skincare products won't do the trick if you don't have two-three litres of water every day.

For my hands and feet: I always carry a moisturizer in my handbag, and apply whenever my hands feel dry. I do a manicure and pedicure twice a week. For soft feet, I love the Dead Sea Salt foot bath.

Skincare tips: Always wear a good sunscreen before stepping out. Take off your makeup before you go to sleep. An important tip: Scrub, scrub scrub! New skin will only grow if you scrub off the old one. Mix one tsp of sugar with a few drops of almond oil, one tsp of honey and enough lime juice. Rub it on your face and the other dry body parts. Wipe it off softly as almond oil and honey also work as moisturizers.

HAIR FARE

My haircare routine: It's a misconception that you should wash your hair daily. Washing every two-three days is sufficient. Don't treat greasy hair by drying out your scalp. Instead rub a little olive oil onto your scalp before shampooing.

Product I swear by: Schwarzkopf has an outstanding range of haircare products!

My hair woes: My hair falls flat since I have straight hair. However, I have realized that it is not a problem; in fact, it is beautiful to keep your hair as natural as possible. Use products that enhance your natural hair. I use a salt water spray which gives my straight hair a lovely beachy look. I get a hair spa done once a week to nourish my hair. I use natural products like coconut oil, milk, eggs and even beer, which work wonders on my hair.

Haircare tips: Washing hair with milk is amazing. Before you take a shower, rub a small amount of olive oil onto your scalp, wrap a hot towel around it and leave it on for 20 minutes. Then rinse it out with a mix of milk and warm water. After five minutes, wash your hair normally and don't blow dry it.

AISHWARYA P. VAIDYA



Sizzle in the Drizzle

Flaunt flawless skin and lustrous hair, this monsoon, with our expert skin and haircare tips.



Monsoon is an exciting time for most of us. But the rains can play havoc with our skin and hair. Dr Abhay Talathi, skin, hair and cosmetology consultant, SkinSpace Clinic, Mumbai, shows you how to keep your complexion and tresses glowing and healthy in the rains.

Skin Wise

- ✦ Fungal infections are common in the rains. As a result, you develop itchy, circular, reddish, flaky patches on the body, especially in skin folds at the groin (jock itch), underarms and around the breast in women. Ringworm, rashes and eczema are common too. And all these may spread rapidly due to the damp weather. Use anti-fungal dusting powders in areas prone to these infections daily after bath. Carry a set of dry clothes and footwear to the office.
- ✦ Fungal infections can also affect your feet, especially if you wear closed shoes all day. Athlete's Foot is a combined bacterial and fungal infection that affects people whose feet stay wet for hours, especially after exposure to dirty water. Starting from the toes, the skin turns whitish or greenish, itches terribly and there may even be a foul-smelling discharge or pus. Wash your feet thoroughly and soak in hot water to treat them.
- ✦ Protect yourself from insect bites particularly on monsoon vacations. A small course of the right anti-fungal medicines are usually enough to treat insect bites. Soothing calamine lotion helps treat rashes.



- ✦ It is a myth that sunscreen is not required in monsoon. Protect your skin by wearing a good water resistant sunscreen twice or thrice a day.
- ✦ Anti-bacterial soaps can be used to keep infections at bay. Soapex is a good option.
- ✦ Use good quality waterproof makeup.

Tackling Tresses

- ✦ Hair needs special attention due to the high humidity in the climate. Dandruff, frizzy hair, hair fall, itchy and flaky scalp and boils (folliculitis) are the common hair problems during monsoon.
- ✦ Shampoo your hair at least three-four times a week with a mild cleansing shampoo.
- ✦ Dry your hair well after a hair wash. Do not keep your hair open for long hours.
- ✦ Avoid frequent colouring of your hair.

AISHWARYA P. VAIDYA

"Love Yourself. And Always Fight For Justice!"

22-year-old acid attack survivor Rupa narrates her gritty tale of despair and hope.

As children, we all have happy memories which we cherish forever... But for some people, the memories of childhood forever haunt.

I was born in Muzaffarnagar, Uttar Pradesh, and I lost my mother when I was just two years old. Our family consisted of just me, my younger brother and my father. But soon my father remarried, and my brother and I had a stepmother in our lives, whose ruthless and inhuman acts changed my life forever.

HARASSED BY STEPMOM

Surviving wasn't easy for us with our stepmother. She tortured, traumatized and harassed us day and night. She made us do all the household chores. I lived in constant fear. To her, I was not a daughter, but only a maid who was required to serve her daily. She made me quit my studies when I was in the 7th standard. I was just 14 then. But I never complained.



THAT INHUMAN ACT – THE ACID BURNT MY FACE

She was more worried about: *Yeh shaadi kar ke gayi to ghar ka kaam kaun karega?* (If she gets married, who will do the household chores?) And so, on one fateful night, in August 2008, around 2.30 a.m, when I was fast asleep, my stepmother poured acid on my face.

I screamed for help as my skin started burning and melting. I twisted, turned, rolled down and did every possible thing to fight the unbearable pain – but it wouldn't go away. I felt like my whole body was on fire. I was left without any treatment for six hours. It was only when my uncle (father's younger brother) Sudhir Kumar, who lived in Faridabad, came over and took me to a local hospital, that I felt somewhat relieved. But to my dismay, I didn't get any treatment for 15-16 hours after that, as the facilities there seemed inefficient. My uncle then took me to Safdarjung Hospital, New Delhi. I was only 15 when all this happened.

TREATMENT BEGINS, BUT THE PAIN CONTINUES

Plastic surgeon Dr R K Shrivastava and Prof Dr Karoon Agarwal treated me. The doctors said that I had suffered 40-45 % burns on my face and shoulders. I stayed in the hospital for three long months to recover. Performing basic tasks like eating, cleaning or even talking was extremely difficult and painful. I couldn't even open my mouth properly for a year after that. My uncle and aunt Pushpa Devi took great care of me. Uncle used to feed me with a spoon, but that too was painful. As a result, I was put on a liquid diet.

I had to undergo many surgeries to treat the disfigurement and have my cheeks, chin, nose, mouth and shoulders reconstructed. After every six months, I was called for a surgery. Skin grafting treatment (a surgical procedure that involves removing skin from one part of your body - the donor site - and transplanting it to another part. This surgery may be done if part of your body has lost its protective



My stepmother poured acid on my face.

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covering of the skin) was done using the skin of my thighs. I underwent my last surgery in December, 2013. My treatment continued for five years and it cost lakhs of rupees. My uncle, who was my rock of Gibraltar, shouldered all the responsibilities.

SCARRED FOR LIFE

An FIR was lodged against my stepmother and she was imprisoned for one-and-a-half years. But my father did nothing to help me. He supported my stepmother and continued living with her in the village. I felt so angry and let down by my father that I dropped my surname. Since then, I have no contact with him and I stay with my uncle.

I was physically and mentally drained out at this point. I felt like killing myself. I had lost my identity and that crushed me. With zero hope and willpower, I shunned myself from everything and everyone. I feared to go out in public and face people. And when people would question me about what had happened, I would have no answer. I was more scared because the general mindset of people is: '*Zaroor isine kuch galat kiya hoga, isiliye iske saath aisa hua* (She must have done something wrong, that is why this happened to her)'.

I was shattered, and insecure. I have no words to express what I was going through. I thought my

dream to be a fashion designer someday would be just that – a dream.

It was only after three years of the attack that I saw myself in the mirror. Before that, my uncle and aunt didn't allow me to see myself in the mirror. And the day I did, I was shocked beyond imagination. After that, for an entire month I only cried thinking about my disfigured face.

NEW LIFE, NEW BEGINNINGS

In 2011, I met Archana, another acid attack survivor who was admitted in Safdarjung Hospital. We became friends and she informed me about 'Stop Acid Attacks', an organisation which works extensively with acid attack survivors, helping them get back into society and bolstering their self-esteem. I started attending their meetings where I came across other acid attack survivors like me. I was inspired by them and the way they were fighting for their rights, and in no way, I thought I would give up. Their spirit encouraged me, and boosted my confidence and self-esteem.

I teamed up with them and decided to fight for justice for myself and other acid attack survivors. Now, my way of looking at life has completely altered and I have started loving myself.

Earlier, I was not very comfortable and vocal about the attack and, as I said, I was afraid to face the society. Today, I am vocal about what happened to me. Ask me any question and I answer fearlessly. I don't need a scarf to cover my face now. A positive attitude, self-belief, courage and never-say-die

Just come out and be vocal. It is not you, but the one who committed the sin who should be ashamed. Make sure the culprit is punished. I am not an acid attack survivor anymore. I am an acid attack fighter!

With another acid attack survivor Ritu



spirit are the weapons to live a dignified, independent and successful life. I feel nothing is impossible now.

DREAM COME TRUE

I always wanted to do something in life. And now, my childhood dream to be a fashion designer is coming true. I am working very hard at it. I used to observe my aunt stitch, and that's how I learnt stitching. In the year 2014, I enrolled myself for a seven month stitching course which was very helpful. Since a year-and-a-half, I am working at Sheroes Hangout at Gateway Hotel, Agra, where I have set up a boutique with the help of Chhanv (a support centre and an abode for acid attack survivors). I design clothes myself and when I see the happiness and satisfaction on my customers' face after wearing my designs, it makes me really happy. It motivates, inspires and encourages me to deliver my best. I even did a fashion shoot and I feel good about it.

And as for my views on marriage, yes, that is on the cards, but not right now...

KEEP FIGHTING

I would like to urge other girls like me to never get bogged down in life. 'Yeh mat socho ki duniya se kaise nazrein milau? (Don't think about how I will face the world?)' Just come out and be vocal. It is not you, but the one who committed the sin who should be ashamed. Make sure the culprit is punished. Love yourself. Always fight for justice. I am not an acid attack survivor anymore. I am an acid attack fighter!

As told to
AISHWARYA P. VAIDYA

PHOTOGRAPHS: 'STOP ACID ATTACKS'



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KISMAT CONNECTION

Sangram Singh reveals how he wrestled his way into actress Payal Rohatgi's heart.



After participating in 'Nach Baliye 7' and 'Bigg boss 7', wrestler Sangram Singh became a household name. Now, engaged to actress Payal Rohatgi, Sangram spills the beans on how he met her, and how they keep their relationship healthy 'n' hearty.

How did you meet your fiancée Payal Rohatgi?

About four-and-a-half years ago, I had gone for a wrestling competition in Agra, and Payal was in Agra too for her show. Our meeting was very *filmi*. Payal's car had got punctured. I saw her on the road and offered her a lift. Since I never watched TV, I didn't know who she was. Then, again in January 2012, I met Payal on the TV reality show 'Survivor India' Season 1. There, we bonded and connected well. And at the end, Payal *ne mujhe phasa hi liya* (Payal trapped me) hahah.



How do you balance your work and relationship?

I want to tell everyone that no matter how busy you are, just take two minutes out of your tight schedule and call your partner at least thrice – morning, afternoon and evening – in a day. This will make a girl feel wanted and cared for. And a mature girl understands that you are working, so she won't call every now and then and harass you. Meet her as often as possible. Take her out to her favourite restaurant and order her favourite food. Girls love gifts. So gift her something often. I am not the kind to go on dates or give surprises. So on weekends, we exercise or perform yoga together or go for a nice rejuvenating spa or a film.

Things about Payal which you first liked but now find irritating?

I am particular about cleanliness and so is Payal. But Payal is too obsessed with keeping our hands sanitized and goes overboard at times.

I always tell her that if you sanitize too much, one day the skin of your hands will peel.

The other thing is: Payal speaks in English and I, in Hindi, and when she says something in English, I just nod my head. Later, she picks on me for forgetting what she had said.

What are Payal's strengths and weaknesses?

She is honest, fulfills all the commitments she makes and is very punctual. Her weakness is that, she calls a spade a spade. She doesn't care if someone likes it or not. She just says what she feels. I call it a weakness as you tend to lose on work and sometimes friends too.

If Payal gets angry, how do you persuade her?

It is really hard to persuade an angry girl. And when Payal is angry, she gets hungry too. So I make sure I have bananas at home, as Payal loves bananas.

Any tips for a happy and healthy relationship?

Trust! Both the partners can live happily only when they trust each other totally. Behave with your partner exactly the way you want others to behave with you. Take care of your partner's happiness, needs and wants. Respect her. Make efforts to clear all misunderstandings. And for guys, even if you are not wrong, just say sorry. Appreciate your partner. There should be transparency in your relationship. And last but not the least, don't cheat.

AISHWARYA P. VAIDYA

Both the partners can live happily only when they trust each other totally. Payal is honest, fulfills all the commitments she makes and is very punctual.





Resuming Sex After A Heart Attack

Answers to the questions on everyone's mind.

After a heart attack or revascularization (restoration of blood supply) procedure, many people wonder whether it will be safe to resume sexual activity, and if so, when. They may worry about having another heart attack, or about dying during intercourse. If they have had bypass surgery, they may worry that sexual activity might be painful.

Despite the importance of sex in a healthy relationship, many people (including doctors) are uncomfortable discussing it. As a result, questions go unasked, and information is not volunteered. The whole issue becomes the elephant in the room.

The American Heart Association (AHA) felt that evidence-based recommendations might help doctors initiate discussions on this important topic. The AHA commissioned a committee of experts in various fields

to review studies and determine what is known on the topic. The resulting comprehensive statement on sexual activity and cardiovascular disease answers most questions people are too embarrassed to ask.

We summarize some of the key points here.

How stressful is sex on the heart?

Men and women have similar heart rate and blood pressure responses to sexual arousal. In young, healthy people, the physical demands of intercourse are equivalent to those of climbing two flights of stairs. In older people and people with cardiovascular disease, the effort may require greater exertion. Nevertheless, at any age, the greatest increase in heart rate and blood pressure occurs for only 10-15 seconds during orgasm, after which they quickly return to baseline.

In young, healthy people, the physical demands of intercourse are equivalent to those of climbing two flights of stairs. In older people and people with cardiovascular disease, the effort may require greater exertion.





5 Things you should know about sex and your heart

1 If your exercise capacity is unknown, an exercise stress test can help determine whether you might develop signs and symptoms of cardiovascular disease during sexual activity.

2 Sexual activity is reasonable if you can exert enough energy to ride a stationary bicycle or walk at a comfortable pace without experiencing angina, excessive breathlessness, ECG changes signifying lack of oxygen to the heart muscle, arrhythmias, or a rise in blood pressure.

3 Cardiac rehabilitation and regular exercise can reduce the risk of cardiovascular complications during sexual activity.

4 Some medications given after heart attack, including beta blockers, can cause sexual dysfunction. If this distresses you, talk with your physician.

5 Erectile dysfunction drugs interact dangerously with nitrates, which are given for chest pain. Never take these two drugs together!

If you have no symptoms of heart disease, you can pass a stress test without experiencing angina (severe chest pain), or have undergone complete coronary revascularization with bypass surgery, you are at low risk of having a heart attack during sex.

What is the risk of heart attack during sex?

Less than 1% of all heart attacks occur during sexual activity. In men, the risk is as low for those who have suffered a heart attack as it is for those without coronary artery disease. A sedentary lifestyle increases the risk, but to a much greater extent in women than in men. The good news is that having sex regularly lowers the risk, likely by improving exercise capacity.

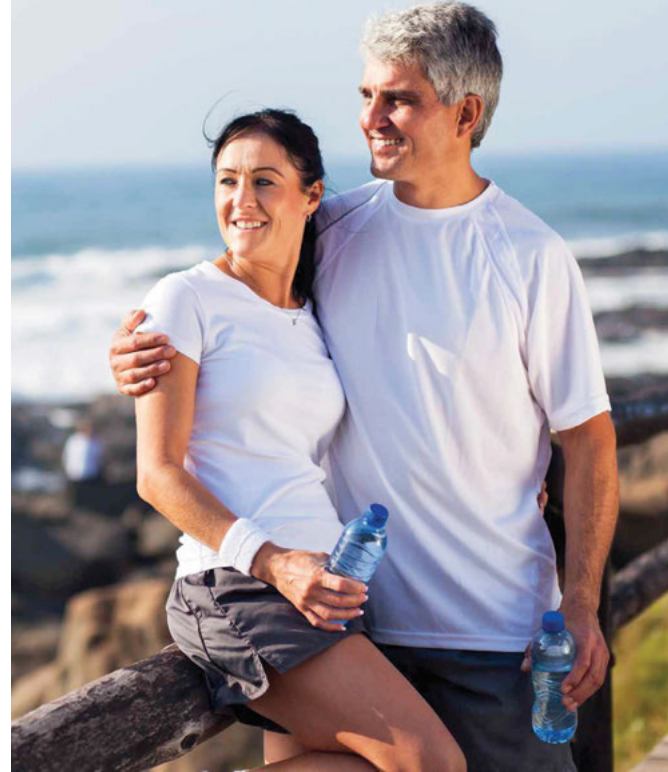
What is the risk of dying during intercourse?

Only 0.6% to 1.7% of deaths occur during intercourse, and the factors that increase risk have been clearly identified. According to the AHA report: "Of the subjects who died during coitus, 82% to 93% were men, and 75% were having extramarital sexual activity, in most cases with a younger partner in an unfamiliar setting and/ or after excessive food and alcohol consumption."

Is sex safe after a heart attack?

If you have no symptoms of heart disease, you can pass a stress test without experiencing angina (severe chest pain), or have undergone complete coronary revascularization with bypass surgery, you are at low risk of having a heart attack during sex.

Although the risk of heart attack or death from sexual activity is low, you may be able to lower it further by improving your stamina. The best way to improve your stamina is through a cardiac rehabilitation programme followed by regular, doctor-approved exercise.



When can I resume sex after a revascularization?

After angioplasty and stenting, the site where the catheter was inserted may determine how quickly you resume sexual activity. If the procedure was done through your groin, you should wait until the puncture site has healed. If it was done through your arm, you may not need to wait any longer than a few days.

After open coronary artery bypass surgery, sexual activity should be delayed until your breastbone has healed, usually it heals after six-eight weeks. For several months thereafter, you should avoid any position that puts stress on your chest. If you had minimally invasive or robotic surgery, you may resume sexual activity as soon as you feel ready.


When is sexual activity unsafe?

If you have unstable angina, worsening heart failure, uncontrolled arrhythmias (irregular heart beat), or

significantly symptomatic or severe cardiovascular disease, you should not engage in sexual activity until your condition is stable and optimally managed.

If you experience cardiovascular symptoms during sexual activity, stop. See your doctor, and do not resume sexual activity until your condition is stable.

What can I do to lower my risk?

Although the risk of heart attack or death from sexual activity is low, you may be able to lower it further by improving your stamina. This will make the physical exertion less demanding on your heart. The best way to improve your stamina is through a cardiac rehabilitation programme followed by regular, doctor-approved exercise. Exercise will also reveal how much exertion you can tolerate, which will tell you how much activity is safe for you. 



Dr Mahinder C Watsa, Sexologist, answers

PLEASURE ZONES

Q Sex with my husband is starting to feel like a routine. How can I get him to try new things?

Mansi Lamba, Mumbai

A An important point in a happy relationship besides trust, is spending productive time together, and communicating your feelings with each other. I am sure your husband would love you to make discreet suggestions – for example, having a bath together or for you to wear sexy underwear.



■ Just Launched

GOOD BUYS

A look at new food and beauty products on the rack...



SNACK PACK

The new granola brand, **The Nuttyway** by Minali Gaba, comes in jars of crunchy granola mix and bars in different flavours with no preservatives. They yummy, on-the-go fix of bars come in Chocolate, Blueberry and Chocolate with Peanut Butter flavours, while the jar range includes three varieties - A Nutty Affair, Choc-O-Rocko and Berry Blast flavours.

Price: ₹75 per bar and ₹210 per jar.

All That's Good nachos come in six different flavours, some even with an Indian 'chatpata' twist. Good as a snack-time meal.

Price: ₹25 for 30 gm.



SKIN ESSENTIALS

For the grooming conscious men, **INVEDA** has launched a range of products ranging from a whitening cream, to a lime peel and a neem facewash.

Price: Whitening cream; ₹275 for 50 ml. Purifying lime peel and neem face wash; ₹150 for 100 ml.



STRESSED TRESSES?

Head to **Richfeel Clinic**, Bandra, Mumbai, for a rejuvenating hair treatment...

A welcome 'hair drink' on arrival was followed a hair review/ examination. And the results: My dense hair was damaged owing to stress along with a lot of breakage. There was a slowly increasing rate of hairfall, and a mineral deficiency. Plus, 10 strands of my hair were plucked from the root to be sent to the Richfeel Laboratory for a detailed diagnosis.

I was then suggested to undergo one of their latest treatments - Ana-d-tox. Although recommended for coloured hair, it's basically a protein treatment wherein the protein extracts

from wheat, quinoa and barley are applied onto your scalp strategically. First, to remove the dead cell layers, and then to repair and nourish the scalp. That's followed by a hair wash and conditioning from the Ana-d-tox range of products including an Ana-d-tox serum that protects hair from breakage.

When I left the clinic, I could feel a sweet fragrance lingering from my hair, and at the same time, it was visibly shinier and smoother.

Price: ₹3,500 per sitting, plus a free home care kit worth ₹1,250. Ana-d-tox treatment is available in Richfeel Clinics across India.



ARCHANA IYER

Q & A

OUR PANEL OF EXPERTS AND OTHER LEADING SPECIALISTS IN THE FIELD OF MEDICINE ANSWER YOUR QUERIES ON HEALTH.



FLIGHT FEAR

Dr Chris de Souza, ENT Surgeon, answers

Q I often feel discomfort, even pain, in my ears when I fly. Is there a way to prevent this?

Pritika Gomes, Bhopal

You are suffering from a condition called barotrauma. Do not fly if you have a cold. Do not plug your ears with cotton. Take a decongestant an hour before flying. Suck on a sweet or chewing gum during the flight.

You can also use oxy and xylometazoline nose drops in both your nasal cavities half-an-hour before descent.

Visit your ENT surgeon to get a complete exam done, and a pure tone and impedance audiogram to check the pressure of your ears.



ORAL CARE

Dr Mahesh Lalwani, Dental Surgeon, answers

Q I think I've got gum disease and I'm only 32 years old. I have bad breath, yellowish teeth and tender gums. What should I do?

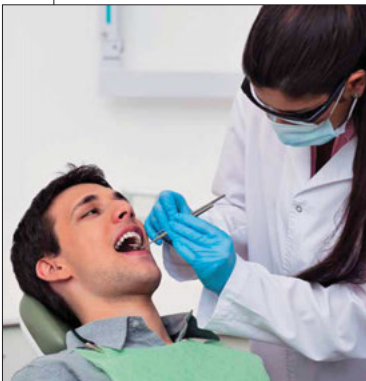
Aditya Mehta, Ranchi

Our mouths are full of bacteria, which along with mucous and other particles, constantly form a sticky, colourless 'plaque' on teeth. Brushing and flossing help get rid of plaque. Plaque that is not removed can harden and form 'tartar' that brushing doesn't clean. Only professional cleaning can remove tartar.

People usually don't show signs of gum disease until they are in their 30s or 40s. Men are more likely to have gum disease than women. Most commonly, gum disease develops when plaque is allowed to build up along and under the gum line. Symptoms of gum disease include:

- Bad breath that won't go away.
- Red or swollen gums.
- Tender or bleeding gums.
- Painful chewing.
- Loose and sensitive teeth.
- Receding gums or longer appearing teeth.

The treatment will vary, depending on the extent of the gum disease. Daily dental care at home is also important. Your dentist may also suggest changing certain behaviours, such as quitting smoking etc.



RED, RED WINE

Dr Rui Fernandez, Dermatologist, answers

Q Why do my cheeks flush when I drink wine? I like a glass of wine with my evening meal, but I don't like having a red face.

Yamini Singh, Mumbai

The alcohol flush reaction is what you are experiencing after consuming alcohol. This reaction is brought about by the accumulation of acetaldehyde, a product of alcohol metabolism.

Acetaldehyde is normally broken down by an enzyme called acetaldehyde dehydrogenase. Some individuals have a genetic deficiency of this enzyme resulting in the accumulation of acetaldehyde, which in turn leads to flushing. Unfortunately, there is no treatment for this condition. The only way to prevent it is to avoid alcohol.





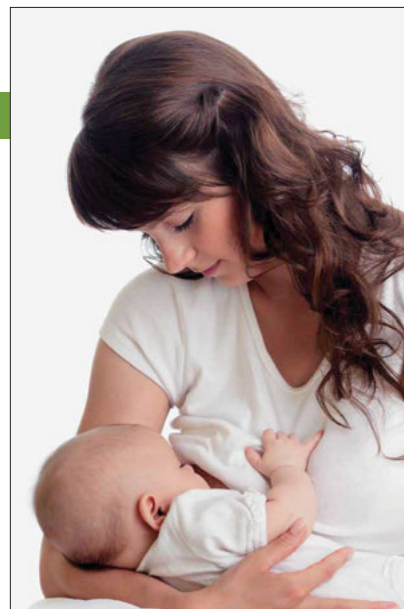
MILKY WAY

Dr R K Anand, Paediatrician, answers

Q When I suspected that my baby wasn't getting enough breast milk, I took a friend's advice and started eating 'garlicky' meals. My son must really love the taste of garlic because now he feasts like a king. What is your suggestion?

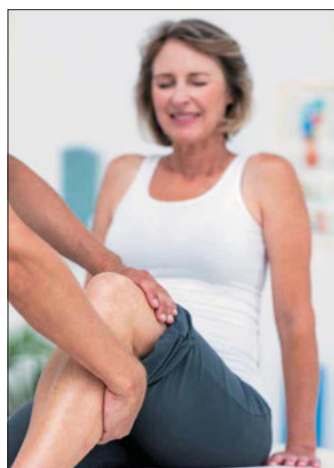
Anuradha Vyas, **Baroda**

In my book 'Dr. R. K. Anand's Guide To Child Care' (available at amazon.in), I have mentioned that "Flavours of garlic, onion, asparagus and vanilla eaten by you can enter your breast milk. Surprisingly, most babies seem to like these flavours." So Mrs Vyas, enjoy your 'garlicky' meals and let your son enjoy your 'garlicky' breast milk.



KNEE CURE

Dr Dilip V Nadkarni, Orthopedic Surgeon, Sports Medicine & Knee Specialist, answers



Q I am a 60-year-old woman. I have been experiencing pain in my left knee for about 10 years now. Till two years ago, all the doctors I visited suggested me to walk, but it didn't help. A recent X-ray revealed 70% knee cartilage damage in the left knee, and 40% in the right knee. The current doctor has suggested a total knee replacement. Can you suggest an alternative since I do not wish to undergo the surgery?

Bhavna Kapoor, **Chandigarh**

If the pain in your knee is not severe or disabling, you could defer the knee replacement surgery. In the meantime, you can exercise your muscles to gain strength. For strong front thigh muscles, quadriceps (knee strengthening) exercises will help you move better. Simple stretching exercises to maintain flexibility are also helpful. Supplements like glucosamine can also be tried. Despite all these measures, if your knee pain is not relieved, then you should review your decision about knee replacement. For more information, you can check my website KneeCure.com.

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